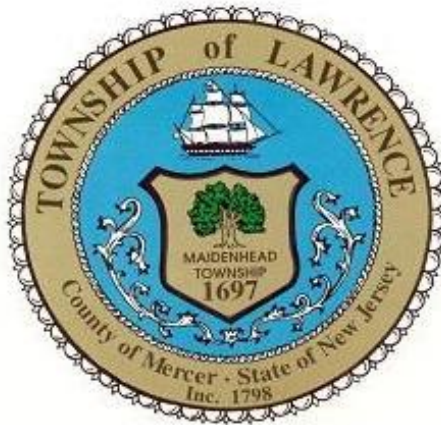


# Lawrence Township Resource Directory



**Public Health**

Prevent. Promote. Protect.

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**Lawrence Township Health Department**

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# Lawrence Health Department Staff Directory

2207 Lawrenceville Road, Lawrence NJ 08648

**Fax:** (609) 895-1668

**Front Desk:** (609) 844-7089

[health@lawrencetwp.com](mailto:health@lawrencetwp.com)

## **Keith Levine, Health Officer**

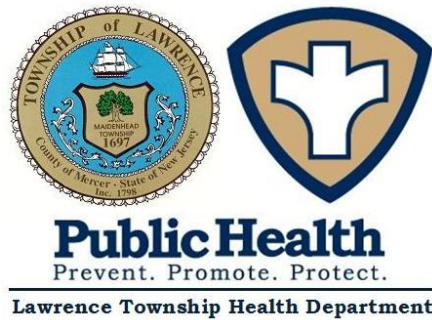
(609) 844-7089

[klevine@lawrencetwp.com](mailto:klevine@lawrencetwp.com)

<b><u>Aimee Landau, REHS</u></b> EXT: 7154 <a href="mailto:alandau@lawrencetwp.com">alandau@lawrencetwp.com</a>	<b><u>Jessica Meyer, Animal Control Officer (full-time)</u></b> EXT: 7092 <a href="mailto:aco@lawrencetwp.com">aco@lawrencetwp.com</a>
<b><u>John Sullivan, REHS</u></b> EXT: 7088 <a href="mailto:jsullivan@lawrencetwp.com">jsullivan@lawrencetwp.com</a>	<b><u>Alexis Duran, Animal Control Officer (part-time)</u></b> EXT: 7092 <a href="mailto:aco@lawrencetwp.com">aco@lawrencetwp.com</a>
<b><u>Naseema Uddin, LHOC</u></b> EXT: 7091 <a href="mailto:nuddin@lawrencetwp.com">nuddin@lawrencetwp.com</a>	<b><u>Linda Ciosek, Registrar of Vital Statistics</u></b> EXT: 7093 <a href="mailto:lciosek@lawrencetwp.com">lciosek@lawrencetwp.com</a>
<p><b><u>Gina Breth, RN</u></b> EXT: 7094 <a href="mailto:nurse@lawrencetwp.com">nurse@lawrencetwp.com</a></p> <p>(Per Diem) <b><u>Carol Nicholas, RN</u></b> EXT: 7094 <a href="mailto:nurse@lawrencetwp.com">nurse@lawrencetwp.com</a></p> <p>(Per Diem) <b><u>Mary Lou Ferenchick, RN</u></b> EXT: 7094 <a href="mailto:nurse@lawrencetwp.com">nurse@lawrencetwp.com</a></p> <p><b>Nurse's Fax:</b> (609) 219-1831</p>	

## **PUBLIC HEALTH SERVICES**

The Lawrence Township Health Department is dedicated to the service of its residents. We urge you to take a careful look at the services being offered and encourage you to become an active participant in the public health service system in Lawrence Township.



For information on upcoming activities and emergencies please use the following:

**Facebook:** <https://www.facebook.com/TownshipofLawrence/>

**Webpage:** <https://www.lawrencetwp.com/departments/health>

**NIXLE (Emergency Notification & Alert Resource):** <https://local.nixle.com/register/>

### **MISSION STATEMENT**

The Lawrence Township Health Department provides professional, competent, and efficient environmental and public health services to the residents of this community. Under the mandates of the New Jersey State Public Health Practice Standards and the ordinances and policies of the Board of Health, the Health Department promotes and protects the public's health by the use of disease prevention, health promotion, education, inspections, and enforcement activities. The Health Department responds quickly and effectively to the ever-changing priorities of the public health field to meet the needs of the community.

### **HEALTH PROMOTION**

Services include community assessment, planning, and health education program development, implementation, and evaluation. Health education is heavily integrated into the Department's services. A variety of health education programs and materials are available upon request.

## **ENVIRONMENTAL SERVICES**

<p><b><u>BODY ART AND MASSAGE ESTABLISHMENTS</u></b></p> <p>Routinely inspects tattoo parlors, body piercing, and massage establishments to ensure compliance with state and local laws.</p>	<p><b><u>NUISANCES</u></b></p> <p>Investigates environmental nuisances concerning insects, rodents, weeds, garbage debris, and general unsanitary conditions.</p>
<p><b><u>INDIVIDUAL WATER SUPPLY</u></b></p> <p>Monitors the installation of individual water supplies within Lawrence Township and ensures wells no longer in use are properly abandoned.</p>	<p><b><u>DAYCARE CENTERS AND YOUTH CAMPS</u></b></p> <p>Routine inspections of daycare and pre-operational inspections of youth camps are conducted to ensure a clean and safe atmosphere.</p>
<p><b><u>RADON</u></b></p> <p>Do-it-yourself radon test kits are available at the Lawrence Health Department office.</p>	<p><b><u>OCCUPATIONAL HEALTH</u></b></p> <p>Some occupational health problems are investigated. Where local inspection cannot be performed, the complaint will be referred to OSHA or the New Jersey State Department of Health and Senior Services.</p>
<p><b><u>RETAIL FOOD ESTABLISHMENTS</u></b></p> <p>Conducts routine inspection of retail food establishments located in the Township to ensure State standards are met. The Lawrence Health Department also responds to individual complaints as well as monitoring of recalled foods to ensure that only safe products reach the public.</p>	<p><b><u>PUBLIC BATHING PLACES</u></b></p> <p>Monitors and inspects public bathing places in the community to ensure safety and cleanliness.</p>
<p style="text-align: center;"><b><u>LEAD PROGRAM</u></b></p> <p>Provide case management for children who are identified as having elevated blood lead levels. Our certified inspectors will perform an environmental risk assessment to identify lead hazards and oversee the abatement process.</p>	

## **PUBLIC HEALTH NURSING**

### **ADULT HEALTH SERVICES**

Offering a variety of preventative counseling, education, and resources to screen for blood pressure and blood oxygen levels.

### **COMMUNICABLE DISEASE CONTROL**

Monitors disease which can be spread from person to person and animals to people. The following services are provided to monitor and prevent disease spread:

- Maintain records on all reportable diseases and complete required surveillance reports.
- Investigate various disease occurrences and initiate control measures.
- Referrals were made to the Mercer County Tuberculosis program coordinated by the Trenton Health Team.
- Refer individuals to the STD clinic at the Hamilton Division of Health.
- Flu and COVID-19 vaccines annually to senior citizens and high-risk individuals as well as home visits for homebound seniors.
- Audit preschool, daycare, and private and public K-12 schools to ensure high levels of immunization are maintained in the community, reducing possible mumps, measles, pertussis, and chicken pox epidemics.

### **MATERNAL AND CHILD HEALTH SERVICES**

Uninsured infants, toddlers, and school-aged children up to age 18 can attend our Child Health Clinics. The clinic ensures children are seen by a doctor and the following services are provided; physical exam, growth measurements, required immunizations, vision, hearing, and developmental assessments. We also provide counseling, health education, and lead assessment/screening during appointments. We also offer Prenatal and Postpartum home visits for high-risk mothers if requested

The clinic is by appointment only call: (609) 844-7094

### **VITAL STATISTICS**

The Registrar maintains records of all marriages, domestic partnerships, and civil unions. births and deaths in Lawrence Township. The services include burial permits, marriage applications, and issuing marriage licenses and certified copies. For more information: (609) 844-7093

### **ANIMAL CONTROL**

The Animal Control Officer handles the pickup of stray and injured animals, including those suspected of rabies. We report, investigate, and follow up on all animal bites to ensure the proper medical attention to the victim and to ensure the biting animal is quarantined to be observed for rabies. Investigate animal nuisance complaints and enforce all state and local laws for animals. Inspect pet shops, kennels, and shelters to ensure compliance with state and local laws. Free rabies vaccination clinics are offered twice a year for dogs and cats. For more information: (609) 844-7092



The Greater Mercer Public Health Partnership (GMPHP) is a collaboration of hospitals, health departments, the Department of Health and Human Services, and other nonprofit organizations. Our mission is to measurably improve the health of residents of the Greater Mercer County community.

As part of a collaborative effort to improve the health of the community, the GMPHP regularly conducts a Community Health Assessment (CHA) and develops a Community Health Improvement Plan (CHIP).

**Community Health Assessment (CHA)**

A CHA uses quantitative and qualitative methods to collect and analyze data about community health and is conducted in partnership with the community. The CHA identifies health-related needs and assets. The ultimate goal of a CHA is to develop public health priorities and a data-driven CHIP.

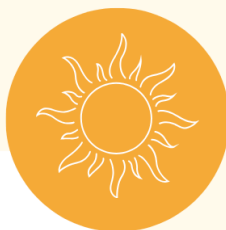
**Community Health Improvement Plan (CHIP)**

A CHIP is a long-term plan to prioritize and address public health needs based on the CHA. It includes priority areas, goals, objectives, and strategies to improve community health. This plan is used by health, education, and human service agencies, in collaboration with community partners.

The GMPHP website is a directory that contains health and wellness resources for all Greater Mercer County residents. The GMPHP is governed by a core group of founding members, with the support of the Community Advisory Board, a large network of community leaders and organizations who function in partnership with the GMPHP. From finding your nearest farmer's market to accessing high-quality healthcare for you and your family – you'll find it all here. You can stay connected to your community, and get the information you need, all in one place.

For more info, visit <https://gmphp.org>

# Reduce your S's



## Sun

UV rays can penetrate and change the structure of skin cells. Too much sun exposure can increase your risk for skin cancer. It is important to use sunscreen, wear protective clothing, hats and sunglasses!

## Smoking

Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. Quitting smoking is one of the most important steps you can take to improve your health



## Sugar

Americans are eating and drinking too many added sugars, which can contribute to health problems such as weight gain and obesity, type 2 diabetes, and heart disease.

## Salt

Your body needs a small amount of sodium to work properly, but too much sodium is bad for your health. Eating too much sodium can increase your blood pressure and your risk for heart disease and stroke.



## Sitting

Physical Activity is one of the best things people can do to improve their health. It is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death.

## Spirits

If you choose to drink alcohol, the [Dietary Guidelines for Americans](#) recommends that adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men or 1 drink or less in a day for women, on days when alcohol is consumed.



## **AGING SERVICES**

<p><b><u>Lawrence Senior Center/Office on Aging</u></b>  <b>30 E. DARRAH LANE, LAWRENCE NJ, 08648</b>  <b>609-844-7049</b>  <b>Monday through Friday from 8:30 am to 4:30 pm.</b>  <a href="https://www.lawrencetwp.com/departments/Office-on-Aging-Senior-Center">https://www.lawrencetwp.com/departments/Office-on-Aging-Senior-Center</a></p> <p>The Office on Aging is in the Lawrence Senior Center and provides programs, activities, information, assistance, and referrals to social services for Lawrence senior citizens, 60 years of age and older.</p>	<p><b><u>Mercer County Nutrition Program</u></b>  <b>30 E. DARRAH LANE, LAWRENCE NJ, 08648</b>  <b>(609)-989-6650</b>  <a href="https://www.lawrencetwp.com/media/Departments/OfficeOnAging/Activities/MCNutritionProgram.pdf">https://www.lawrencetwp.com/media/Departments/OfficeOnAging/Activities/MCNutritionProgram.pdf</a></p> <p>Meals are served at the Lawrence Senior Center on Monday, Wednesday, Thursday, &amp; Friday. Registration is required &amp; Transportation is offered to Lawrence residents 60+ years. Mercer County Nutrition is a federally funded program that encourages participants to make a suggested donation of \$1 per meal.</p>
<p><b><u>Adult Protective Services</u></b>  <b>(609) 989-4346</b>  <a href="https://www.mcboos.org/services_offered/social_services">https://www.mcboos.org/services_offered/social_services</a></p> <p>Provides social services to vulnerable adults residing in the community who are at risk for harm because they cannot adequately protect themselves. Allegations of abuse, neglect, or exploitation of the elderly, blind, or disabled are investigated by our staff and various services are provided to eliminate the risk. Adult Protective Services are provided regardless of income.</p>	<p><b><u>Adult Social Services</u></b>  <b>(609) 989- 4347</b>  <a href="https://www.mcboos.org/services_offered/social_services">https://www.mcboos.org/services_offered/social_services</a></p> <p>Provides services to elderly, blind, or disabled adults in the community. Services include assistance with housing, home health aides, and various support services. This includes those who reside in Boarding Homes, Residential Health Care Facilities, and Rooming Houses. Our staff also investigates any complaints received about these facilities and provides outreach services to those who reside in these facilities.</p>
<p><b><u>Penn Medicine at Home</u></b>  <b>609-497-4900</b>  <a href="https://www.princetonhcs.org/care-services/princeton-homecare">https://www.princetonhcs.org/care-services/princeton-homecare</a></p> <p>Provide many different home-based health services to Mercer County. Offer 4 different home care services; a Home Health Program, a Hospice and Palliative Care Program, an Infusion Therapy program, and a Caregiver Program.</p>	<p><b><u>Robert Wood Johnson Home Care</u></b>  <b>(888) 997-9584</b>  <a href="https://www.rwjbh.org/rwj-university-hospital-new-brunswick/treatment-care/home-care">https://www.rwjbh.org/rwj-university-hospital-new-brunswick/treatment-care/home-care</a></p> <p>Provide Home Medicare and Medicaid-certified home health, palliative, and hospice care.</p>

<p><b><u>VNA Home Health Group</u></b>  <b>800-400-0981</b>  <a href="https://vnahg.org/home-health-care/">https://vnahg.org/home-health-care/</a></p> <p>Offer a wide variety of home health services.</p>	<p><b><u>Interfaith Caregivers Greater Mercer County</u></b>  <b>(609) 393-9922</b>  <a href="https://www.icgmc.org/neighbors-helping-neighbors/">https://www.icgmc.org/neighbors-helping-neighbors/</a></p> <p>Service free of cost for seniors that offers transportation, shopping and errands, friendly visits, paperwork assistance, light meal preparation, and many more services</p>
<p><b><u>ComForCare Home Care</u></b>  <b>(609) 771-0083</b>  <a href="https://www.comforcare.com/new-jersey/merc-r/in-home-care/personal-care.html">https://www.comforcare.com/new-jersey/merc-r/in-home-care/personal-care.html</a></p> <p>They offer home services such as light cleaning, transportation, and meal prep.</p>	<p><b><u>Meals on Wheels</u></b>  <b>609-695-3483</b>  <a href="https://www.mealsonwheelsmerc-r.org/meal-delivery-application">https://www.mealsonwheelsmerc-r.org/meal-delivery-application</a></p> <p>A daily food delivery service of meals to homebound seniors.</p>
<p><b><u>Division of Aging Services (DoAS)</u></b>  <a href="https://www.state.nj.us/humanservices/doas/home/">https://www.state.nj.us/humanservices/doas/home/</a></p> <p>Administers many federal and state-funded programs that make it easier for older adults to live in the community as long as possible with independence, dignity, and choice.</p>	<p><b><u>Mercer Home Health Care</u></b>  <b>609-227-2727</b>  <a href="https://merc-rhomehealth.com/contact.htm">https://merc-rhomehealth.com/contact.htm</a></p> <p>Home Nursing services for Mercer County, accept Medicare and will assist in services such as feeding, mobility, and bathing.</p>
<p><b><u>Senior Farmers' Market Nutrition Program</u></b>  <b>609-292-9560, or e-mail the Farmers Market Team at <a href="mailto:njsfmnp@doh.nj.gov">njsfmnp@doh.nj.gov</a></b></p> <p>Provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community-supported agriculture (CSA) programs.</p>	<p><b><u>CONTACT of Mercer County, NJ</u></b>  <b>609-896-2120</b></p> <p>For those who are in emotional turmoil, thinking about suicide, experiencing loneliness, or facing the challenges of mental illness. You do not have to deal with your pain or your problems alone. Call to speak with a highly trained, compassionate listener.</p>

<p><b><u>Medicaid Managed Long Term Services and Supports (MLTSS)</u></b>  <b>contact your local County Area Agency on Aging (AAA) - Aging and Disability Resource Connection (ADRC) for application.</b></p> <p>Provides comprehensive services and support, whether at home, in an assisted living facility, in community residential services, or a nursing home.</p>	<p><b><u>The Mercer County Office on Aging/Aging and Disability Resource Connection:</u></b>  <b>(609) 989-6661</b>  <b><a href="mailto:adrc@mercercounty.org">adrc@mercercounty.org</a></b>  <b><a href="https://www.mercercounty.org/departments/human-services/aging-disability-resource-connection">https://www.mercercounty.org/departments/human-services/aging-disability-resource-connection</a></b></p> <p>The ADRC provides seniors, adults, and their caregivers with finding benefits and services they need.</p>
<p><b><u>Alzheimer's Association Greater New Jersey Chapter</u></b></p> <p><b>Helpline: 800-272-3900</b></p> <p>The Greater New Jersey Chapter is the premier source of information and support for the more than 190,000 residents in New Jersey who are living with Alzheimer's disease, and their more than 361,000 caregivers. Through its network of staff and volunteers, the Chapter offers a broad range of free programs and services, funding for Alzheimer's and dementia research, and advocacy efforts on behalf of those across the region.</p>	<p><b><u>Deaf and Hard of Hearing</u></b></p> <p><b>609-588-2648, or 609-503-4862 for videophone</b>  <b>Email: <a href="mailto:DDHH.communications2@dhs.nj.gov">DDHH.communications2@dhs.nj.gov</a></b></p> <p>For individuals who are deaf or hard of hearing, supports like hearing aids, interpreter services, and other communication assistance services can help eliminate barriers and allow them to live fulfilling lives. In New Jersey, the Department of Human Services Division of the Deaf and Hard of Hearing (DDHH) has made it their goal to provide education, advocacy, and direct services for individuals who are deaf or hard of hearing, while maintaining up-to-date information on resources across the state.</p>
<p><b><u>I Choose Home – NJ (also known as Money Follows the Person)</u></b></p> <p><b>855-466-3005 (1-855-HOME-005)</b></p> <p>Residents who are eligible for Medicaid and have been living in an institutional setting for more than 60 days may be able to move to an independent community setting with supports and services.</p>	<p><b><u>Aging Advisors</u></b></p> <p><b>609-815-5959</b></p> <p>Aging Advisors can help assess your elderly loved one's needs, identify things you may not have considered, and create a Care Plan with options and recommendations. We can also identify helpful community resources, monitor needs, and be an ongoing source of information. The care we provide begins with a thorough nursing and care management assessment. We primarily serve clients in Mercer, Hunterdon and Bucks Counties. We also extend into parts of Middlesex, Somerset and northern Burlington Counties.</p>



Call the Mercer County ADRC at 609-989-6661, and Karina Turek will schedule an appointment or connect you with one of our staff members listed below.



The Mercer County Office on Aging/Aging and Disability Resource Connection (ADRC) embraces concerns of older adults, those living with disabilities, and their caregivers and respectfully offers viable options for long-term supports and services.

A part of the ADRC, the Mercer County Nutrition Project for Older Adults offers lunches to county residents 60 years old or older and their spouses.

### County of Mercer

Aging/ADRC Office  
609-989-6661  
adrc@mercercounty.org

Erica Saganowski  
Executive Director

Lauri Harbison  
Planner/Program Monitor

Tiffany Hunter  
Senior Accountant

Mercer County Nutrition Project  
609-989-6650  
Jenifer Williams  
Nutrition Project Director

AGING &  
DISABILITY

**Monica Maldonado, Bilingual Community Service Aide**, provides information and assistance. She performs the NJ Screen for Community Services that begins the clinical and financial eligibility for programs and services. Monica is well-versed in community programs and can assist in the completion of forms and applications for programs and services.

AGING &  
DISABILITY

**Tina Spoto, Health Insurance Benefits Clerk**, conducts the NJ Screen for Community Services that begins the clinical and financial eligibility for programs and services. By identifying those who are potentially clinically or financially eligible for Medicaid, she can assist in the completion of the Medicaid application.

AGING &  
DISABILITY

**Reed Thomas, PASP Coordinator**, oversees the Personal Assistance Services Program (PASP) as its coordinator/consultant. He has expertise in management of cases with those living with disabilities, especially those eager to work, continue in their education, or volunteer their services. Reed also oversees the administration of County-funded disability services contracts.

[www.mercercounty.org/departments/human-services/aging-disability-resource-connection](http://www.mercercounty.org/departments/human-services/aging-disability-resource-connection)

*If you are calling from or about a county ADRC outside Mercer County, dial 877-222-3737, and someone will direct your call.*



# PROMOTING HEALTHY AGING



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Lawrence Township Health Department

## Factors that influence healthy aging

*Genetics play a factor in how we age and we are unable to change them. However, taking care of your physical, mental and cognitive health can help you maintain a great quality of life as you age.*



### Get regular exercise

Daily physical activity in any form can benefit as you age

**Healthy Diet**  
Eating a whole food, nutritious and diverse diet provides your body with the energy it needs



### Sleep

Ensure you receive 7-9 hours of sleep every night

**Quit Smoking**  
Regardless of how long you have smoked, quitting will always improve chances of positive health outcomes



### Limit alcohol consumption

Alcohol consumption at older ages makes you more susceptible to the negative outcomes of alcohol

**Preventative Care**  
Ensure you are regularly visiting the doctor in order to check in on your health



### Social Life

Regularly socializing benefits mental health no matter the age

**Lower Stress**  
Stress causes many detriments to the body so taking the time to relax is important



### Keep Busy

Having Hobbies and participating in different activities can keep your brain active and reduce symptoms of cognitive decline

## **COVID-19 TESTING**

<p><b><u>Lawrence Township Health Department</u></b>  <b>2207 Lawrenceville Road</b>  <b>609-844-7089</b></p> <p>COVID-19 test kits are available for pick up at the Lawrence Township Health Department.  <a href="https://www.lawrencetwp.com/departments/health">https://www.lawrencetwp.com/departments/health</a></p>	<p><b><u>NJDOH COVID-19 Testing Information</u></b></p> <p>Though the State of New Jersey does not maintain a statewide test locator, there are many resources to help you find COVID-19 testing.</p> <p>Beginning September 25 2024, every U.S. household can again place an order to receive (4) more free COVID-19 rapid tests delivered directly to their home at <a href="https://www.covid.gov/tests">https://www.covid.gov/tests</a></p> <p><a href="https://www.nj.gov/health/covid19/how-to-get-tested">How To Get Tested For COVID-19 In New Jersey (nj.gov)</a></p>
<p><b>Free take-home rapid COVID-19 tests</b> are now available at all scheduled Mercer County Department of Public Health clinics.  <a href="mailto:HomeTesting@mercercounty.org">HomeTesting@mercercounty.org</a></p>	

## **COVID-19 VACCINE**

<p><b><u>CDC COVID-19 Website</u></b>  <b>800-232-4636</b>  <a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a></p>	<p><b><u>COVID-19 Vaccines NJ COVID-19 Information Hub</u></b>  <b>1-855-568-0545</b>  <a href="https://covid19.nj.gov/pages/vaccine">https://covid19.nj.gov/pages/vaccine</a></p>
<p><b><u>Mercer County Health Department</u></b>  <b>640 S. Broad Street, P.O. Box 8068</b>  <b>Trenton, NJ 08650</b>  <b>609-278-7165</b>  <a href="https://www.mercercounty.org/departments/division-of-public-health/coronavirus-disease-2019-covid-19/covid-19-vaccination">https://www.mercercounty.org/departments/division-of-public-health/coronavirus-disease-2019-covid-19/covid-19-vaccination</a></p>	<p><b><u>VACCINES.GOV</u></b></p> <p><a href="https://www.vaccines.gov/">https://www.vaccines.gov/</a></p> <p>COVID-19 Vaccine Hotline in English, Spanish, and many other languages <b>(1-800-232-0233)</b></p> <p><b>Email:</b> <a href="mailto:DIAL@n4a.org">DIAL@n4a.org</a></p>

# ARE YOU OR DO YOU KNOW A HOMEBOUND LAWRENCE RESIDENT?



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Lawrence Township Health Department

If you are a Lawrence Township resident who is homebound and in need of resources, please connect with the Lawrence Township Health Department and provide the following information:

- ✓ Name
- ✓ Date of Birth
- ✓ Phone Number
- ✓ Email Address
- ✓ Home Address



## **\*ASK US ABOUT COVID-19 & FLU VACCINES\***

Homebound is defined as the situation where people cannot leave their homes independently without assistance. *(National Institutes of Health)*



EMAIL THE LAWRENCE TOWNSHIP HEALTH  
DEPARTMENT AT: [lawrencetownshiphealth@gmail.com](mailto:lawrencetownshiphealth@gmail.com)



CALL US AT: (609) 844-7089

SEPTEMBER 2024

# **EXTREME HEAT SAFETY**

**DO NOT LEAVE CHILDREN OR  
PETS IN CARS UNATTENDED!**

**The extreme heat can bring  
parked cars to dangerous  
temperatures even  
with open windows!**

## **STAY COOL**

- Wear lightweight and loose-fitting clothing, fabrics like linen and cotton are good.
- Limit outdoor activities, there will be plenty of cooler days to enjoy.
- Stay in an air conditioned place - at home, public places like a mall or public library or your local cooling station.
- Take cool showers.
- Avoid hot and heavy meals, consider eating fruit and vegetables that are high in water content.
- WEAR SUNSCREEN

## **STAY HYDRATED**

- Drink more fluids, regardless of activity level
- Stay away from sugary or Alcoholic drinks
- If you are excessively sweating, replace the bodies salt and minerals with electrolyte drinks
- Ensure pets have water and are in a cool location

## **STAY INFORMED**

- Keep up to date with the local news
- Learn the signs of heat related illnesses
- Monitor those who are high risk; elderly, infants, children, overweight or have chronic illness



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<https://www.cdc.gov/disasters/extremeheat/heattips.html>










































June 2024

## **CRISIS LINES**

- [Alcoholics Anonymous Emergency Hotline](#) (24/7)------(609) 586-6900
- [Capital Health's Emergency Screening Center](#) (24/7) -----(609) 396-4357
- [Council of Compulsive Gambling NJ](#) education and referral------(800) 426-2537
- [Institute for Prevention and Recovery Quit Center](#) -----(833) 795-7848
- [Suicide Crisis Hotline](#) (24/7)-----988
- [Mercer County Homeless Helpline](#) (24/7)------(609) 468-8296
- [Narcotics Anonymous in New Jersey](#) helpline------(800) 992-0401
- [New Jersey Addiction Services Hotline](#) (24/7) treatment services -----(844) 276-2777
- [New Jersey Statewide Domestic Violence Hotline](#) (24/7) ----- (800) 572-7233
- [New Jersey Vet2Vet](#) (24/7) support for veterans ----- (866) 838-7654
- [NJ AIDS/HIV/STD](#) (24/7) about sexually transmitted diseases------(800) 624-2377
- [NJ DCF Children's System of Care](#) (24/7) youth treatment services---(877) 652-7624
- [NJ Poison Control Center](#) (24/7)------(800) 222-1222
- [ReachNJ](#) (24/7) addictions hotline------(844) 732-2465
- [The New Jersey Hopeline](#) peer support and suicide prevention------(855) 654-6735
- [Womanspace \(YOUNITY\)](#) (24/7) hotline to connect to crisis intervention, emergency shelter, counseling, court advocacy, and housing service------(609) 394-9000

# NJ Crisis Services: Who Should I Call?

There are many types of emergencies. What number is best to call during a crisis?

			
Someone to Call For...	Behavioral Health Crisis	Emergency Response	Basic Needs
 24/7 services			
 Serves adults			
 Serves youth <sup>1</sup>			
 Overdose in progress or medical emergency			
 Fire			
 Immediate rescue required <sup>2</sup>			
 Crime			
 Suicide attempt in progress			
 Someone is a threat to self or others			
 Mental health crisis			
 Substance use crisis			
 Suicidal thoughts			
 Crisis stabilization <sup>3</sup>			
 Follow-up services			
 Referrals			

<sup>1</sup>For children/youth under 21, contact PerformCare (877-652-7624) which provides a family-centered, community-focused, single point of entry to obtain services for behavioral health, intellectual/developmental disabilities, or substance use. Available 24/7. Parent/legal guardian consent required for youth under 18.

<sup>2</sup>Immediate rescue required for self-injury, serious threats of harm to self/others, severe disorientation, and/or agitation, etc.

<sup>3</sup>Crisis stabilization provides short-term care for an individual experiencing an acute mental health or substance use crisis.

Updated September 2024



STATE OF NEW JERSEY  
Phil Murphy, Governor | Tahesha L. Way, Lt. Governor



DEPARTMENT OF HUMAN SERVICES  
Sarah Adelman, Commissioner

## NEW JERSEY DEPARTMENT OF HUMAN SERVICES

New Jersey Human Services is here to help you and your family.

### GET HELP WITH:



#### AFFORDING HEALTH CARE COVERAGE

Visit [www.NJFamilyCare.org](http://www.NJFamilyCare.org)  
1-800-701-0710



#### AFFORDING GROCERIES

Visit [www.NJSNAP.gov](http://www.NJSNAP.gov)  
1-800-687-9512



#### INCOME ASSISTANCE FOR INDIVIDUALS AND FAMILIES

Visit [NJHelps.org](http://NJHelps.org)



#### CHILD CARE

Visit [www.ChildCareNJ.gov](http://www.ChildCareNJ.gov)  
1-800-332-9227



#### ADDICTION TREATMENT AND RECOVERY

Call 844-REACHNJ



#### MENTAL HEALTH & EMOTIONAL SUPPORT

Suicide & Crisis Lifeline 988  
NJMentalHealthCares 866-202-HELP  
ASL Videophone 973-870-0677



#### SUPPORTS FOR OLDER RESIDENTS

Call 877-222-3737



#### SERVICES FOR INDIVIDUALS WITH DISABILITIES

Call 888-285-3036



State of New Jersey  
Phil Murphy, Governor | Sheila Oliver, Lt. Governor



Department of Human Services  
Sarah Adelman, Commissioner



## Healthy Ways to Cope with Stress!

- Take breaks from social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.
- Take care of your body:
  - Eat healthy. Have fruits and vegetables, lean protein, whole grains, and low-fat or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars.
  - Get enough sleep. Go to bed and wake up at the same time each day to help you sleep better. Adults need 7 or more hours per night.
  - Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2 ½ hours a week. You can break it into smaller amounts such as 20 to 30 minutes a day.
- Limit alcohol intake. Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women.
- Avoid using illegal drugs or prescription drugs in ways other than prescribed. Don't take someone else's prescription.
- Avoid smoking, vaping, and the use of other tobacco products. People can and do quit smoking for good.
- Continue with regular health appointments, tests, screenings, and vaccinations.
- Make time to unwind.
  - Take deep breaths, stretch, or meditate.
- Connect with others.
  - Talk with people you trust about your concerns and how you are feeling.
  - Connect with your community-based or faith-based organizations.



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**SOURCE:** CDC, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health

## **EMPLOYMENT RESOURCES**

<p><b><u>NJ Department of Labor and Workforce Development, Division of Unemployment Insurance</u></b></p> <p>Unemployment Insurance (UI) is a program that gives financial support to people who lose their jobs through no fault of their own.</p> <p><a href="https://www.myunemployment.nj.gov/lab-or/myunemployment/">https://www.myunemployment.nj.gov/lab-or/myunemployment/</a></p> <p>If you do not have internet access, dial by location for assistance:</p> <p><b>North Jersey: 201-601-4100</b>  <b>Central Jersey: 732-761-2020</b>  <b>South Jersey: 856-507-2340</b></p>	<p><b><u>NJ Civil Service Commission</u></b></p> <p>The New Jersey Civil Service Commission updates this page daily. Most announcements will remain on this page for at least two weeks. Filing instructions are provided with each announcement and state how and where to apply.</p> <p><a href="https://info.csc.state.nj.us/vats/">https://info.csc.state.nj.us/vats/</a></p>
<p><b><u>Mercer County Job Opportunities</u></b></p> <p>Mercer County job postings are available on this website and are frequently updated.</p> <p><a href="https://www.mercercounty.org/departments/personnel/forms-applications">https://www.mercercounty.org/departments/personnel/forms-applications</a></p>	<p><b><u>Veterans Affairs</u></b></p> <p>Career help and job training as you transition into civilian life</p> <p><a href="https://www.va.gov/careers-employment/veteran-resources/">https://www.va.gov/careers-employment/veteran-resources/</a></p>
<p><b><u>CareerOneStop</u></b></p> <p>sponsored by the U.S. Department of Labor, Employment and Training Administration.</p> <p><b><u>Getting Back to Work</u></b></p> <p><b>CareerOne Stop's <u>Recover After a Layoff Guide</u></b> is a one-stop site for employment, training, and financial help after a layoff.</p> <p><a href="https://www.careeronestop.org/ResourcesFor/GettingBackToWork/getting-back-to-work.aspx">https://www.careeronestop.org/ResourcesFor/GettingBackToWork/getting-back-to-work.aspx</a></p> <p><b><u>Career Changer</u></b></p> <p>Visit CareerOneStop's <a href="https://www.careeronestop.org/ResourcesFor/CareerChanger/career-changer.aspx">mySkills myFuture</a> website to learn how you put your skills to work in a new career.</p> <p><a href="https://www.careeronestop.org/ResourcesFor/CareerChanger/career-changer.aspx">https://www.careeronestop.org/ResourcesFor/CareerChanger/career-changer.aspx</a></p> <p><b><u>Military and Veterans</u></b></p> <p>Find career, training, and employment assistance for veterans and transitioning service members at the <b><u>Veteran and Military Transition Center</u></b>. Also find resources for <b><u>military spouses</u></b>.</p> <p><a href="https://www.careeronestop.org/ResourcesFor/Veteran/veteran.aspx">https://www.careeronestop.org/ResourcesFor/Veteran/veteran.aspx</a></p>	

### **Worker with a criminal conviction**

CareerOneStop's [Job Search Help for Ex-Offenders](#) website offers information, tips, and resources to help people with criminal convictions overcome barriers they might face.

<https://www.careeronestop.org/ResourcesFor/WorkerCriminalConviction/worker-with-a-criminal-conviction.aspx>

### **Entry-level worker**

The information and tools you need to help you find a job when you have little or no work experience.

<https://www.careeronestop.org/ResourcesFor/EntryLevel/entry-level.aspx>

### **55+ workers**

Get news and tips for getting a job if you're an older worker.

<https://www.careeronestop.org/ResourcesFor/55PlusWorkers/55-plus-workers.aspx>

### **Young adult**

CareerOneStop's [GetMyFuture](#) offers career, training, and job search resources to young adults age 16 to 24.

<https://www.careeronestop.org/ResourcesFor/YoungAdult/young-adult.aspx>

### **Worker with a disability**

Resources and information to support successful employment for anyone with a disability.

<https://www.careeronestop.org/ResourcesFor/WorkersWithDisabilities/workers-with-disabilities.aspx>

### **Businesses**

CareerOneStop's [Business Center](#) offers tools and resources to help employers hire, train, and retain a strong workforce. Or, find resources about [self-employment](#).

<https://www.careeronestop.org/ResourcesFor/Business/business.aspx>

### **Career advisor**

CareerOneStop offers great information and tools for career advisors who help job seekers, career explorers, and students.

<https://www.careeronestop.org/ResourcesFor/CareerAdvisor/career-advisor.aspx>

### **Credential seeker**

CareerOneStop's [Credentials Center](#) can help you get a job, keep a job, or advance in your career.

<https://www.careeronestop.org/ResourcesFor/CredentialSeeker/credential-seeker.aspx>

[x](#)

# FLU VACCINE SAFETY



1

## Are Flu Vaccines Safe?

Flu Vaccines have a very good safety record, the CDC reports. They recommend that all persons 6 months or older receive a flu vaccine every year

2

## Can I get the flu from the Flu Vaccine?

No! Flu vaccines contain inactive ( which means it can no longer make you sick) or a particle that looks like the flu virus. Neither of those can cause you to become ill from the flu.

3

## What are the side effects?

Normal side effects can include soreness, redness, and/or swelling from the shot, headache, fever, nausea, muscle aches as well as a risk of fainting like with any vaccine. However only symptoms such as difficulty breathing, hoarseness or wheezing, swelling around the eyes or lips, hives, paleness, weakness, a fast heart beat or dizziness signal an allergic reaction

4

## How is flu vaccine safety monitored?

The FDA (Food and Drug Administration) and the CDC (Centers for Disease Control) carefully monitor the effectiveness and safety of the flu vaccine every year! When you receive your flu vaccine in a controlled setting with healthcare providers, your safety is a top priority!

5

## Is it better to get sick with the flu then get vaccinated?

No! Flu can be a serious disease. Any flu infection can carry a risk of serious complications, hospitalization or death. Getting vaccinated is a safer choice than risking illness to obtain immune protection.



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<https://www.cdc.gov/flu/prevent/general.htm>

## **FOOD AND NUTRITION SERVICES**

<p><b><u>Mercer County WIC Nutrition Program</u></b>  WIC is a successful public health nutrition program that provides wholesome food, nutrition education, and community support for income-eligible women who are pregnant and postpartum, infants, and children up to five years old.</p> <p><b>(609) 498-7755</b>  <a href="mailto:wicnutritionist@chsofnj.org">wicnutritionist@chsofnj.org</a></p>	<p><b><u>Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension &amp; Family and Community Health Sciences</u></b>  helps the diverse population of New Jersey adapt to a rapidly changing society and improve their lives and communities through an educational process that uses science-based knowledge.</p> <p><b>(609) 989-6841</b></p>
<p><b><u>Homefront- Fran's Food Pantry</u></b>  <b>1880 Princeton Avenue</b>  <b>Lawrenceville, NJ 08648</b>  <b>609-989-9417</b>  Open Monday and Thursday 11 am-2 pm;  Tuesday 3 pm to 6 pm  Wednesday 12 pm - 4 pm  <a href="https://www.homefrontnj.org/2020/06/donationcenter/">https://www.homefrontnj.org/2020/06/donationcenter/</a></p>	<p><b><u>Adventist Community Services- Trenton Food Pantry</u></b>  <b>2160 Brunswick Avenue</b>  <b>Lawrence, NJ 08648</b>  <b>609-218-5651</b>  Monday and Tuesday 11 am- 1 pm &amp; 2 pm- 4 pm  By Appointment ONLY  <a href="https://www.newjerseyconference.org/community-servicesdisaster-response">https://www.newjerseyconference.org/community-servicesdisaster-response</a>  Primary contact: Janelle Rivera  <a href="mailto:jrivera@njcacs.org">jrivera@njcacs.org</a></p>
<p><b><u>Meals on Wheels of Mercer County</u></b>  <b>609-695-3483</b>  Available for 60+ and those with disabilities (primarily serves homebound residents)  Link to sign up for meal delivery:  <a href="https://www.mealsonwheelsmercer.org/meal-delivery-application">https://www.mealsonwheelsmercer.org/meal-delivery-application</a></p>	<p><b><u>Arm in Arm</u></b>  <b>609-396-9355</b>  <a href="https://arminarm.org/preventing-hunger/">https://arminarm.org/preventing-hunger/</a>  Mobile Food Pantry  Every Monday from 2 pm-4 pm at the Lawrence branch of Mercer County Library System, 2751 Brunswick Pike.</p>
<p><b><u>Giving Pantry Box at the Presbyterian Church of Lawrenceville</u></b>  <b>2688 Lawrenceville Rd</b>  <b>Lawrence Township, NJ 08648</b>  Located next to the exit driveway of the church  "Take What You Need, Give What You Can"  Non- perishable foods available</p>	<p><b><u>Share My Meals</u></b>  If you, or someone you know, is food insecure, Share My Meals is there to help regardless of ethnicity, gender or gender identity, age or faith, and without judgment. Getting healthy meals delivered directly to your home for your family is easy. Whether you prefer a meal from time to time or a regular delivery, we are flexible.</p>

	<p>No ID is required. Just name, address, and phone number to contact at time of delivery. Fill out the form:  <a href="https://sharemy meals.org/need-help/">https://sharemy meals.org/need-help/</a>  or call/text 609-337-2415 or email  <a href="mailto:info@sharemy meals.org">info@sharemy meals.org</a></p>
<p><b><u>Summer EBT</u></b>  NJ will issue a \$120 EBT card to every eligible child's home to purchase food at participating retailers.</p> <p><b>NJ Summer EBT Hotline: 1-833-670-7328</b>  <a href="https://www.nj.gov/summerebt">https://www.nj.gov/summerebt</a></p>	<p><b><u>Mercer County Free Food Finder</u></b>  Mercer County Free Food Finder directory is maintained by the Trenton Health Team as part of our effort to improve health equity in our region. It lists meal sites, food pantries, and meal distribution sites serving children, families, seniors, and adults.</p> <p>The information in this directory is updated regularly, but all food resources, locations, and times are subject to change. We recommend calling sites ahead of time to confirm before visiting.</p> <p><a href="https://mercerofoodfinder.herokuapp.com/?keyword=">https://mercerofoodfinder.herokuapp.com/?keyword=</a></p>
<p><b><u>Mercer Street Friends</u></b>  151 Mercer Street  Trenton, NJ 08611  609-396-1506  <a href="https://mercerostreetfriends.org/">https://mercerostreetfriends.org/</a>  Mercer Street Friends is a nonprofit organization that provides food for those who are food insecure, support for families, and educational opportunities that lead to a better tomorrow for residents in Mercer County, NJ.</p>	<p><b><u>Jewish Family and Children's Services (JFCS)</u></b>  707 Alexander Road, Suite 204  Princeton, NJ 08540  609-987-8100 Ext 237  <a href="https://www.jfcsonline.org/foodprograms/">https://www.jfcsonline.org/foodprograms/</a>  Link to register for a food pick up:  <a href="https://interland3.donorperfect.net/weblink/WebLink.aspx?name=E358443&amp;id=38">https://interland3.donorperfect.net/weblink/WebLink.aspx?name=E358443&amp;id=38</a></p>



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# Nutritious food

## RECOMMENDED DIETARY GUIDELINES AND ACCESS TO NUTRITIOUS FOOD

The *Dietary Guidelines of America* provides recommendations of food that people should regularly be consuming in order to live a healthful lifestyle.

There are 5 different categories;

- **Vegetables:** Dark green leafy vegetables; red and orange vegetables; beans, peas and/or lentils; starchy vegetables; other vegetables
- **Fruit:** All fresh, canned, and dried fruit as well as 100% fruit juice
- **Grains:** Whole and refined grains
- **Calcium rich products and Dairy:** Fluid, dry or evaporated milks (low or fat free) ; calcium rich alternative milks (almond milk, soy milk etc.); yogurt, kefir, frozen yogurt, cheeses.
- **Protein Foods:** Meats, Poultry, eggs; Seafood; Nuts, seeds and soy products



## ACCESS TO HEALTHIER FOODS



Low-income and minority communities often lack convenient places that offer affordable healthier foods.

- Chronic diseases account for 70% of all deaths in the United States. Poor diets lead to chronic illnesses such as heart disease, type 2 diabetes, and obesity.
- American diets are generally poor in nutritional quality and do not align with the dietary guidelines for Americans.



**When healthy foods are not available, people may settle for foods that are higher in calories and lower in nutritional value.**

<https://www.dietaryguidelines.gov/>

<https://www.cdc.gov/nutrition/healthy-food-environments/improving-access-to-healthier-food.html>

## **HEALTHCARE RESOURCES**

<p><b><u>Henry J. Austin</u></b>  <b>321 North Warren St, Trenton NJ 08618</b>  <b>609-278-5900</b>  <a href="https://henryjalexton.org/">https://henryjalexton.org/</a>  Medical facility for uninsured. Provides a range of services.</p>	<p><b><u>Zufall</u></b>  <b>One Plainsboro Rd, Plainsboro NJ 08536</b>  <b>(609) 853- 7600</b>  <a href="https://www.princetonhcs.org/care-services/community-health-center">https://www.princetonhcs.org/care-services/community-health-center</a>  Free or low-cost medical care facility serving uninsured or underinsured individuals</p>
<p><b><u>Lawrence Township Health Department</u></b>  <b>2207 Lawrenceville Rd, Lawrence NJ 08648</b>  <b>609-844-7089</b>  <a href="https://www.lawrencetwp.com/departments/health">https://www.lawrencetwp.com/departments/health</a></p>	<p><b><u>Capital Health Family Center</u></b>  <b>433 Bellevue Avenue</b>  <b>Trenton, NJ 08618</b>  <b>United States</b>  <b>(609) 815-7296</b>  The Pediatric Clinic office only sees those who are uninsured, self-pay, or straight Medicaid.  <a href="https://www.capitalhealth.org/our-locations/family-health-center">https://www.capitalhealth.org/our-locations/family-health-center</a></p>
<p><b><u>GoodRx</u></b>  <a href="https://www.goodrx.com/">https://www.goodrx.com/</a>  GoodRx is an American healthcare company that operates a telemedicine platform and a free-to-use website and mobile app that tracks prescription drug prices in the United States and provides free drug coupons for discounts on medications.</p>	<p><b><u>NJ FamilyCare (Medicaid)</u></b>  <b>800-701-0710</b>  <a href="http://www.njfamilycare.org">www.njfamilycare.org</a>  NJ FamilyCare is a federal and state-funded health insurance program created to help qualified New Jersey residents of any age access affordable health insurance. NJ FamilyCare is for people who do not have employer insurance. Eligibility based on income</p>
<p><b><u>Screen NJ</u></b>  <b>Call Patient Navigation: 833-727-3665</b>  Find preventative screening services near you  <a href="https://screennj.org/">https://screennj.org/</a></p>	<p><b><u>Get Covered NJ</u></b>  <a href="http://nj.gov/getcoverednj/">http://nj.gov/getcoverednj/</a>  NJ Health Insurance Marketplace</p>

<p><b><u>New Jersey Cancer and Early Detection Program (NJCEED)</u></b>  <b>1-800-328-3838 then press 3</b>  <a href="https://www.nj.gov/health/healthynj/health/cases/public/resources/njceed.shtml">https://www.nj.gov/health/healthynj/health/cases/public/resources/njceed.shtml</a>  NJCEED provides comprehensive outreach, education and screening services for breast, cervical, colorectal and prostate cancers to eligible uninsured and underinsured state residents.</p>	<p><b><u>YWCA Princeton's Breast Cancer Resource Center (BCRC)</u></b>  <b>(609) 497-2100</b>  BCRC provides free and low-cost support services for those living with, through, and beyond breast cancer. The main focuses of the BCRC include support groups, boutique services, community outreach and education, and wellness programs. At any stage of your breast cancer diagnosis, the compassionate professionals at the BCRC are here to support your journey.</p>
<p><b><u>STI Testing and Treatment Clinic Hamilton Health Department</u></b>  609-890-3647  2100 Greenwood Ave, Hamilton, NJ 08609  <a href="https://www.hamiltonnj.com/std">https://www.hamiltonnj.com/std</a>  Tuesdays, 9am-12pm and 3pm-5:30pm  No Appointment Needed  free and confidential clinics for STIs to residents of Hamilton Township, East Windsor, Ewing, Hightstown, Hopewell Township, Lawrence, Princeton, Robbinsville, West Windsor, Hopewell and Pennington boroughs with ID with proof of address. Students residing on the campuses of Rider University and The College of NJ will also receive services free of charge with a college ID.</p>	<p><b><u>Catastrophic Illness in Children Relief Fund</u></b>  1-800-335-FUND (3863)  A financial assistance program for New Jersey Families whose children have an illness or condition otherwise uncovered by insurance, State or Federal programs, or another source, such as fundraising. The Fund is intended to assist in preserving a family's ability to cope with the responsibilities that accompany a child's significant health problems.</p>
<p><b><u>Kinder Smile</u></b>  101 North Broad Street, Trenton NJ 08608  (973) 744-7003  <a href="https://www.kindersmile.org/trenton/">https://www.kindersmile.org/trenton/</a>  Provide underserved children with comprehensive dental care and educate children and their families on the importance of dental hygiene</p>	<p><b><u>The Central Jersey Family Health Consortium</u></b>  When you have life challenges with pregnancy or raising your family, receive guidance and resources to address issues or concerns.  <a href="mailto:info@cjfhc.org">info@cjfhc.org</a>  (732) 937-5437  <a href="http://cjfhc.org">http://cjfhc.org</a></p>

<p><b><u>New Jersey Prescription Savings Program</u></b>  This program is offered by your Local Government Officials to help lower the prescription drug cost for New Jersey residents. There is no charge to you or the County to belong to this program.</p> <p>(855) 702-7283</p>	<p><b><u>Charity Care</u></b>  <a href="https://www.nj.gov/health/charitycare/">https://www.nj.gov/health/charitycare/</a>  The New Jersey Hospital Care Payment Assistance Program (Charity Care) is available to patients for inpatient and outpatient services at all acute care hospitals throughout New Jersey. Medically necessary services may be eligible for patients who meet income and asset criteria.</p>
<p><b><u>Healthcare.gov</u></b>  <a href="https://www.healthcare.gov/">https://www.healthcare.gov/</a>  HealthCare.gov is a health insurance exchange website operated under the United States federal government under the provisions of the Patient Protection and Affordable Care Act, which currently serves the residents of the U.S. states that have opted not to create their state exchanges.</p>	<p><b><u>Hamilton Township VA Clinic</u></b>  3635 Quakerbridge Road  Hamilton, NJ 08619  609-570-6600  This facility is an urban 1c-High Complexity facility and serves as a healthcare clinic for Veterans in Mercer County, NJ.</p>
<p><b><u>Rx Outreach</u></b>    <b>314-222-0472 or 888-796-1234</b>  <a href="https://rxoutreach.org/">https://rxoutreach.org/</a>    a nonprofit, online pharmacy committed to helping people get the medications they need at an affordable price.</p>	<p><b><u>The Pharmaceutical Assistance to the Aged and Disabled (PAAD)</u></b>    <b>1-800-792-9745</b>    A state-funded program that helps eligible older adults and individuals with disabilities save money on their prescription drug costs.</p>
<p><b><u>The Mercer County Prescription Discount Card</u></b>    <b>ProAct toll-free at 1-877-776-2285</b>    Now administered by ProAct Inc. – is a FREE program that offers discount savings on the purchase of prescription drugs. This program is open to ALL residents of Mercer County. There are no age or income requirements.</p>	<p><b><u>American Cancer Society</u></b>    <b>1-800-227-2345</b>    You'll find information on cancer prevention, reducing cancer risk, cancer types and treatment options, support programs and resources, and cancer research on cancer.org. We offer a personalized experience with interactive tools including online communities for patients, survivors, and caregivers. Information is also available on volunteering, events, and donations.</p>
<p><b><u>American Diabetes Association</u></b>    <b>1-800-DIABETES - (800-342-2383)</b></p>	<p><b><u>American Heart Association</u></b>    <b>1-800-AHA-USA-1 - (1-800-242-8721)</b></p>

Mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

American Heart Association has been fighting heart disease and stroke and helping families and communities thrive.

# HEALTH CARE FACILITIES

## Where insurance is not necessary.

### Henry J Austin

321 North Warren Street,  
Trenton NJ, 08618  
(609) 278- 5900  
<https://henryjaustin.org/>

Adult medicine, behavioral health, laboratory, dental, Urgent Care, HIV testing and treatment, Medicaid and NJFamily Care assistance, gynecology, pediatrics, and social services.

### Zufall

One Plainsboro Road  
Plainsboro, NJ 08536  
(609) 853-7600  
<https://www.princetonhcs.org/care-services/community-health-center>

Virtual visits, well care and preventative care, sick care, emergency follow up, pediatric, adult medical, OB/GYN, podiatry, mental health, vaccines for children, and nutrition services.

### Capital Health Family Health Center

433 Bellevue Avenue, Trenton, NJ 08618  
(609) 815-7296  
<https://www.capitalhealth.org/our-locations/family-health-center>

Obstetric (OBGYN), pediatric (wellness visits, sick visits, immunizations and physical exams), adult health care services.

### KinderSmile

101 North Broad Street, Trenton, NJ 08608  
(973) 744-7003  
<https://www.kindersmile.org/trenton/>

Preventative, intervention (cavity fill, root canal etc.) and education of dental care.

### Sughra Get Well Clinic

2067 Klockner Road, Hamilton Township, NJ  
08690  
(609) 913-0013  
Saturdays 10:00am-2:00pm

Free physicals for individuals that are uninsured.

Traveling and need a vaccination? Please check out the CDC's Traveler's Health website to find the nearest clinic for specific vaccines: <https://wwwnc.cdc.gov/travel>

## **Medication Assisted Treatment Resources**

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### **Federally Qualified Health Center**

Henry J. Austin Health Center  
609-278-5900 - primary care services  
609-278-6361 - MAT referral line  
321 N. Warren St., Trenton

### **Outpatient Addiction Treatment Services**

Catholic Charities  
800-360-7711  
39 North Clinton Ave., Bldg #4, Trenton  
Walk-in hours: 8:30 a.m. - 12 p.m. M-F  
Also provides withdrawal management services

Creative Change Counseling  
609-677-7353 or 609-684-3146  
3525 Quakerbridge Road, Suite 903, Hamilton  
9 a.m. - 8 p.m. M-F

Hamilton Treatment Services  
609-838-9067  
3444 Quakerbridge Road, Bldg 1A, Hamilton  
Admissions: 5:30 a.m. - 10 a.m. T, Th, F

Iron Recovery & Wellness Center  
609-394-8988  
132 Perry St., Trenton  
Expanded hours for admission for MAT:  
6 a.m. - 9 p.m. M - F, 6 a.m. - 7 p.m. Sa

Oaks Integrated Care  
609-396-5944 or 800-963-3377  
314-316 East State St., Trenton  
Walk-in hours: 8:30 a.m. - 5:30 p.m. M - F  
9 a.m. - 1 p.m. Sa, Su  
Also provides withdrawal management services

Trenton Treatment Services  
609-858-7870  
801 New York Ave., Trenton  
Admissions: 5:30 a.m. - 11:30 a.m. M - F

### **Other Resources**

Early Intervention Support Services  
Catholic Charities  
609-256-4200  
1225 Whitehorse Mercerville Road  
Building B, Suites 504-505, Hamilton  
Walk-in hours: 8 a.m. - 8 p.m. M-F,  
8 a.m. - 6 p.m. Sa, Su

CEASe Center  
609-989-3722  
509 Perry St, Trenton  
Housing assistance to unsheltered individuals

Hyacinth Foundation  
609-396-8322  
849 W. State St., Trenton  
Harm reduction center

The Rescue Mission of Trenton  
609-396-2183  
98 Carroll St., Trenton  
Shelter services for single adults

The Rescue Mission of Trenton  
Recovery Support Services Mobile Unit  
609-610-3698  
Certified recovery support specialists

Oaks Integrated Care  
Intensive Family Support Services  
609-396-6788  
1001 Spruce St., Trenton  
Support for family members of individuals  
with mental illness/substance use disorder

Mercer Council on Alcoholism and Drug Addiction  
Opioid Overdose Recovery Program-OORP  
609-651-1623 - 24/7 availability  
Certified peer recovery specialists and  
patient navigators

### **ADDICTION HOTLINE 844-276-2777**

Callers are screened for financial eligibility and clinical need 24 hours/7 days a week.



**MERCER**  
COUNTY

Dan Benson, Mercer County Executive • The Board of County Commissioners  
Mercer County Office on Addiction Services | 609.989.6897 | [www.mercercounty.org/addictionservices](http://www.mercercounty.org/addictionservices)

# BREAST CANCER

## INVASIVE LOBULAR CARCINOMA

### Symptoms

Invasive Lobular Carcinoma (ILC) represents 10-15% of all cases of breast cancer. Symptoms include;

- Hardened or thickened area inside the breast or underarm
- Dimpling, dent, or puckering of the skin of a breast
- Change in the size or shape of a breast
- Changes to the nipple, including inversion or pulling to one side
- A new area of fullness or swelling in the breast

### Diagnosis

The growth pattern that ILC tumors develop and the frequency of these tumors appearing in more than one place make it difficult for them to be diagnosed using your standard mammogram or ultrasound. This leads to later detection during more advanced stages. The most reliable form of diagnosis is an **MRI or a breast needle biopsy**.



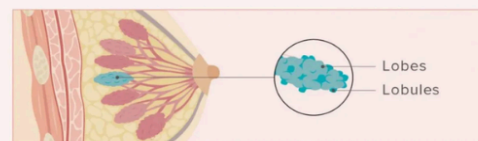
**ILC BREAST CANCER IS THE 2ND MOST COMMON TYPE OF BREAST CANCER... AND THE MOST DIFFICULT TO DIAGNOSE**

### Risk Factors

Lifetime presence of estrogen is the main cause of breast cancers, so all women and some men are at risk. The ages at which a female reached her first period, goes through childbirth and reaches menopause effect the lifetime exposure to estrogen. Hormone replacement therapy and alcohol consumption are also known risk factors for ILC. **Invasive Lobular Carcinoma is most common in postmenopausal women.**

**PHYSICAL ACTIVITY, KEEPING A HEALTHY WEIGHT, LITTLE TO NO ALCOHOL CONSUMPTION AND BREASTFEEDING IF POSSIBLE MAY HELP LOWER YOUR RISK OF BREAST CANCER. TALK TO YOUR DOCTOR ABOUT OTHER FORMS OF PREVENTION.**

### Invasive Lobular Carcinoma



Normal lobule



Lobular carcinoma in situ (LCIS)



Invasive lobular carcinoma

healthline

<https://www.bcrf.org/blog/invasive-lobular-carcinoma-lobular-breast-cancer/>  
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/breast-cancer/invasive-lobular-carcinoma>  
<https://www.breastcancer.org/types/invasive-lobular-carcinoma#section-diagnosis-of-invasive-lobular-carcinoma>  
[https://www.cdc.gov/cancer/breast/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/breast/basic_info/prevention.htm)



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## **HOUSING SUPPORT SERVICES**

<p><u><b>Rapid Rehousing through Catholic Charities Mercer County:</b></u></p> <p><b>609-394-8847</b></p> <p>Rapid Rehousing uses a combination of federal (HUD) and county funds to help homeless individuals and families in Burlington and Mercer locate affordable permanent housing and offers 3 to 6 months of financial assistance.</p>	<p><u><b>Payment Assistance Gas and Electric (PAGE)</b></u></p> <p><b>1-855-465-8783</b>  <a href="http://www.njpoweron.org">www.njpoweron.org</a></p> <p>Intended to aid low-to-moderate-income New Jersey residents who are struggling to pay their electric and natural gas bills.</p>
<p><u><b>Low Income Home Energy Assistance Program (LIHEAP)</b></u></p> <p><b>1-800-510-3102</b></p> <p>Federally funded program designed to help low-income families and individuals meet home heating and medically necessary cooling costs. The LIHEAP application is also an application for the Universal <b>Service Fund (USF)</b>. You apply for two benefit programs at the same time.</p>	<p><u><b>Homefront</b></u></p> <p>1880 Princeton Ave  <b>609-989-9417</b>  <a href="https://www.homefrontnj.org/">https://www.homefrontnj.org/</a></p> <p>Provides intensive individual support to families to help them find, rent, and maintain permanent housing. The program provides security and rental assistance and help with finding emergency shelter, transitional shelter and permanent affordable housing.</p>
<p><u><b>Project Freedom</b></u></p> <p><b>1 Freedom Blvd</b>  <b>(609) 278-0075</b></p> <p><a href="https://www.projectfreedom.org/">https://www.projectfreedom.org/</a></p> <p>The organization that develops and operates barrier-free housing to enable individuals with disabilities to live independently.</p>	<p><u><b>Womanspace</b></u></p> <p><b>1530 Brunswick Avenue</b>  <b>(609) 394-9000 (24/7 crisis line)</b>  <b>(609) 394-0136</b>  <a href="http://www.womanspace.org">www.womanspace.org</a></p> <p>Confidential emergency shelter, counseling and support for victims of abuse or sexual assault, housing services, and more.</p>
<p><u><b>Lawrence Township Affordable Housing</b></u></p> <p><a href="https://www.lawrencetwp.com/departments/AffordableHousingBoard">https://www.lawrencetwp.com/departments/AffordableHousingBoard</a></p> <p>Piazza &amp; Associates work to assist Lawrence Township with the administrating, monitoring and compliance of our affordable housing</p>	<p><u><b>Community Options</b></u></p> <p><b>2025 Princeton Pike, 2nd floor</b>  <b>609-419-4418</b></p> <p>Family home provider, staffed residence, case management, respite, adult day training - off site</p>

program. Piazza & Associates helps connect qualifying persons with low-income and moderate-income homes for sale and rent.

speech therapy, behavioral therapy, occupational therapy, physical therapy, and supported employment for individuals with disabilities.

<https://www.comop.org/>

**Other programs to help pay your PSE&G bill:**

<https://www.nj211.org/utility-assistance-programs>



## New Jersey Law Prohibits Discrimination in Housing

**ON THE BASIS OF:**

Race, Creed, Color, National Origin, Ancestry, Nationality, Marital or Domestic Partnership or Civil Union Status, Familial Status, Sex, Pregnancy, Gender Identity or Expression, Affectional or Sexual Orientation, Disability, Source of Lawful Income or Source of Lawful Rent Payment (including Section 8)

**BY:**

All Persons Including Real Estate Agents or Brokers, Financial Institutions, Property Owners, Landlords, or Building Superintendents, and Their Agents and Employees

**WITH RESPECT TO:**

- The Sale, Rental or Lease of Real Property
- Listing or Advertising of Real Property
- Receipt or Transmittal of Offers to Purchase or Rent Real Property
- Application and Terms of a Mortgage or Other Loan

**REMEDY MAY INCLUDE:**

An Order Restraining Unlawful Discrimination, Reimbursement for Financial Loss, Damages for Pain and Humiliation Experienced as a Result of Unlawful Discrimination, Punitive Damages, and Attorney's Fees

*It is also unlawful to publish real estate advertisements which express any discrimination against persons protected by the New Jersey Law Against Discrimination, N.J.S.A. 10:5-1 et seq.*



Dial "2-1-1" for more information and access to language translation or TTY services.

Violations should be reported to the nearest office of the NJ Division on Civil Rights at **866-405-3050 (Toll-Free)** or online at **[www.NJCivilRights.gov](http://www.NJCivilRights.gov)**

Division on  
**CIVIL RIGHTS**



Department of  
**Community  
Affairs**

rev. 6.7.16

# Complete, do it yourself **Radon Test Kits!**

## WHY TEST YOUR HOME FOR RADON?

- Radon is an odorless, colorless, radioactive gas that is common in our region.
- Radon is the second leading cause of lung cancer in the U.S. and the leading cause of lung cancer for non-smokers.
- If you smoke and your home has high levels of radon, you have an especially high risk of lung cancer.

**YOU CAN NOT SEE, HEAR OR SMELL RADON  
TEST YOUR HOME AND KEEP YOUR FAMILY SAFE!**

### **MUST SHOW PROOF OF LAWRENCE TOWNSHIP RESIDENCY**

Residents of Lawrence Township can obtain a radon test kit at the Lawrence Township Health Department, provided they present proof of residency. This initiative represents a positive step towards promoting health and safety within the community. For more information please contact or visit the Lawrence Township Health Department:

**Lawrence Township Municipal Building  
2207 Lawrenceville Road  
Lawrence Township, NJ 08648  
(609) 844-7089**



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## **MENTAL HEALTH RESOURCES**

<p><b><u>New Jersey Hopeline</u></b>  call 988  <a href="https://njhopeline.com/">https://njhopeline.com/</a>  NJ suicide prevention hotline</p>	<p><b><u>NJ Vet2Vet</u></b>  1-866-838-7654  <a href="https://www.njvet2vet.com/">https://www.njvet2vet.com/</a>  Support to NJ National Guard members, active military personnel, veterans, their families and caregivers statewide through text, chat, email or phone.</p>
<p><b><u>Capital Health Emergency Mental Health Services</u></b>  <b>609-396-HELP (4357)</b>  24/7 hotline  <a href="https://www.capitalhealth.org/medical-services/emergency-mental-health-services">https://www.capitalhealth.org/medical-services/emergency-mental-health-services</a></p>	<p><b><u>NJ Children's System of Care</u></b>  <b>1-877-652-7624</b>  Child in Crisis 24-hour 7 day a week 365 day a year hotline  <a href="https://www.nj.gov/dcf/about/divisions/dcsc/">https://www.nj.gov/dcf/about/divisions/dcsc/</a></p>
<p><b><u>Domestic Violence Hotline</u></b>  <b>1-800-572-SAFE (7233)</b>  24/7 hotline – bilingual and accessible to hearing impaired individuals  <a href="https://www.thehotline.org/">https://www.thehotline.org/</a></p>	<p><b><u>SAMHSA Disaster Distress Helpline</u></b>  <b>1-800-985-5990</b>  call or text  <a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>  National hotline: year-round disaster crisis counseling. Toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.</p>
<p><b><u>National Alliance on Mental Illness (NAMI)</u></b>  Helpline: <b>609-799-8994 x17 OR</b>  <a href="mailto:helpline@namimercer.org">helpline@namimercer.org</a>  <a href="https://namimercer.org/">https://namimercer.org/</a>  Helpline and Support groups offered to Mercer County</p>	<p><b><u>COVID CONNECT Helpline</u></b>  <b>(833) 223-0011 M-F 9am to 5pm</b>  The COVID CONNECT helpline will provide and expand behavioral health treatments and support to individuals who are experiencing mental health and substance abuse issues related to the spread of the COVID-19 virus. A series of screening tools will be used to assess the caller's level of distress and mental health/addiction needs.</p>

<p><b><u>AACT-NOW (African American), CAMHOP (Chinese), NAMI En Español (Latino) and SAMHAJ (South Asian) are four NAMI NJ innovative multi-cultural support and education programs</u></b>  1-866-626-4664  Outreach to African American, Chinese, Latino and South Asian families. The programs also provide education for mental health professionals to help them better understand cultural and treatment issues relevant to these populations.</p> <p><a href="https://www.naminj.org/programs/multicultural/">https://www.naminj.org/programs/multicultural/</a></p>	<p><b><u>Oaks Integrated Care</u></b>  1911 Princeton Avenue  Lawrenceville, NJ 08648  609-583-1900  2550 Brunswick Pike  Lawrenceville, NJ 08648  609-396-8877  <a href="https://oaksintcare.org/">https://oaksintcare.org/</a></p> <p>Oaks Integrated Care is a private, nonprofit organization dedicated to improving the quality of life for children, adults and families living with a mental illness, addiction or developmental disability.</p>
<p><b><u>NAMI NJ Online Support Groups</u></b>  NAMI offers various support groups to various groups of people via Zoom</p> <p><a href="https://www.naminj.org/online-support-groups/">https://www.naminj.org/online-support-groups/</a></p>	<p><b><u>New Jersey Resource Directory 2024</u></b>  for Mental Health Services in the Mercer County area.</p> <p><a href="https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf">https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf</a></p>
<p><b><u>Department of Human Services STOP OVERDOSES</u></b>  4 Princess Road, Suite 206  609-482-3701  <a href="https://www.lifebacknj.com/">https://www.lifebacknj.com/</a>  <a href="https://nj.gov/humanservices/stopoverdoses/">https://nj.gov/humanservices/stopoverdoses/</a>  Provide Naloxone information and resources as well as access to a list of all the pharmacies in NJ that provide free Naloxone to anyone over the age of 14.  <a href="#">List of participating pharmacies</a></p>	<p><b><u>The Trevor Project</u></b>  The Trevor Project o Trevor Lifeline, a 24-hour confidential suicide hotline for <b>LGBTQ Youth</b>:  <b>866-488-7386</b>  <b>Trevor Text: Text messaging hotline: Text START to 678-678</b>  Trevor Chat: Online instant messaging hotline  <a href="http://www.TheTrevorProject.org/get-help-now">www.TheTrevorProject.org/get-help-now</a></p>
<p><b><u>Lifeback Addictions And Behavioral Health</u></b>  State licensed and accredited Mental Health and Psychiatric agency with a dedicated team provides services to children, adolescents, and adults; utilizing a wide range of evidence-based practices.</p>	<p><b><u>Mercer Council on Alcoholism and Drug Addiction</u></b>  1931 Brunswick Avenue  609-396-5874  <a href="https://www.mercercouncil.org/">https://www.mercercouncil.org/</a>  Prevention and early intervention programs in partnership with individuals, families, schools, businesses, communities, and professionals throughout Mercer County.</p>

<p><b><u>PEI Kids</u></b>  <b>231 Lawrenceville Road</b>  <b>609-695-3739</b>  <a href="mailto:information@peikids.org">information@peikids.org</a>  <a href="https://peikids.org/">https://peikids.org/</a>  serves the community in all matters relating to keeping our children safe from the risks of abuse, sexual abuse, bullying, delinquency, and online predation.</p>	<p><b><u>Mercer County Division of Mental Health</u></b>  <b>609-989-6574</b>  advocates for the continued enhancement of a robust, client-centered wellness, and recovery-oriented system of care for all residents requiring various levels of mental health care.</p>
<p><b><u>Mercer County Office on Addiction Services</u></b>  <b>609-989-6897</b>  oversees the provision of community addiction services throughout Mercer County, and contracts with organizations to provide and support community-based prevention, early intervention, treatment, education, and recovery services, including for at-risk and special populations.</p>	<p><b><u>Creative Change Counseling</u></b>    <b>609-667-7353</b>  <a href="https://www.creativechangeinc.org/">https://www.creativechangeinc.org/</a>  provides sustainable behavioral or mental health recovery in Mercer County, NJ</p>
<p><b><u>Princeton Integrated Behavioral Health</u></b>    <b>1 Monument Drive, Lower level</b>  <b>Princeton, NJ 08540</b>  <b>609-924-8018</b>    immediate openings, medication management, outpatient mental health counseling, serves youth and adults aged 12 and older, late hours until 8 pm on Mondays and Wednesdays, Medicaid and all insurance accepted (uninsured individuals accepted)</p>	<p><b><u>Peace of Mind Wellness Services, LLC.</u></b>    <b>2564 US-1</b>  <b>Lawrenceville, NJ 08648</b>  <b>609-300-6133</b>    Anxiety, ADHD, depression, eating disorders, gender identity related disorder, LGBTQ+, mood disorders, psychosis, sleep disorders, substance use disorders, trauma/stress-related disorders, and more. All major insurances accepted and self-pay option available.</p>

<p><b><u><a href="#">NJ Prevention Network</a></u></b></p> <p><b>732-367-0611</b>  <b><u><a href="mailto:info@njpn.org">info@njpn.org</a></u></b></p> <p>NJPN is a multifaceted public health agency that supports substance misuse prevention, addiction treatment, and recovery support programs through collaboration and professional training for all of New Jersey.</p>	<p><b><u><a href="#">NJ Self-Help Clearinghouse</a></u></b></p> <p><b>800-367-6274</b></p> <p>Started in 1981 as the first statewide operation of its kind in the country. The mission of the Clearinghouse is to help people find and form all types of self-help support groups in order to provide hope, strength and experience to those in need in order to not feel alone.</p>
<p><b><u><a href="#">Capitol County Children's Collaborative</a></u></b></p> <p><b>609-584-0888</b>  <b><u><a href="mailto:info@capitolkids.org">info@capitolkids.org</a></u></b></p> <p>Serve youth/families that are experiencing emotional, behavioral, substance use disorders, intellectual and/or developmental disabilities and chronic medical health challenges. Our employees serves as Care Managers for youth enrolled with our program. Our Nurses and Health and Wellness Educators provide additional support for youth who meet qualifying medical conditions and are enrolled with our Behavioral Health home. There is no charge for CCCC's services.</p>	

# MENTAL HEALTH

## IMPORTANCE OF TAKING CARE OF YOUR MENTAL HEALTH



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Lawrence Township Health Department

### WHY IS MENTAL HEALTH IMPORTANT?

MENTAL AND PHYSICAL HEALTH ARE EQUALLY IMPORTANT COMPONENTS OF OVERALL HEALTH. FOR EXAMPLE, DEPRESSION INCREASES THE RISK FOR MANY TYPES OF PHYSICAL HEALTH PROBLEMS, PARTICULARLY LONG-LASTING CONDITIONS LIKE DIABETES, HEART DISEASE, AND STROKE.

SIMILARLY, THE PRESENCE OF CHRONIC CONDITIONS CAN INCREASE THE RISK FOR MENTAL ILLNESS.

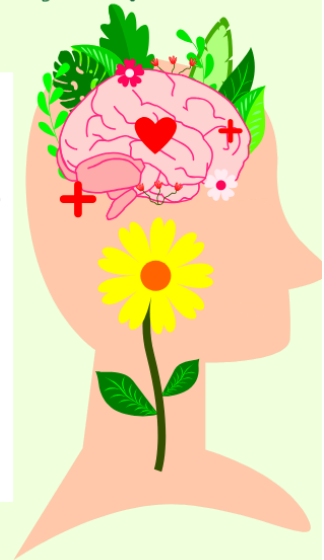
### HOW COMMON IS MENTAL ILLNESS

- MORE THAN 1 IN 5 US ADULTS LIVE WITH A MENTAL ILLNESS.
- OVER 1 IN 5 YOUTH (AGES 13-18) EITHER CURRENTLY OR AT SOME POINT DURING THEIR LIFE, HAVE HAD A SERIOUSLY DEBILITATING MENTAL ILLNESS.
- ABOUT 1 IN 25 U.S. ADULTS LIVES WITH A SERIOUS MENTAL ILLNESS, SUCH AS SCHIZOPHRENIA, BIPOLAR DISORDER, OR MAJOR DEPRESSION.

### WHAT CAUSES MENTAL ILLNESS

THERE IS NO SINGLE CAUSE FOR MENTAL ILLNESS. A NUMBER OF FACTORS CAN CONTRIBUTE TO RISK FOR MENTAL ILLNESS, SUCH AS:

- ADVERSE CHILDHOOD EXPERIENCES (FOR EXAMPLE, CHILD ABUSE, SEXUAL ASSAULT, WITNESSING VIOLENCE, ETC.)
- EXPERIENCES RELATED TO OTHER ONGOING (CHRONIC) MEDICAL CONDITIONS, SUCH AS CANCER OR DIABETES
- BIOLOGICAL FACTORS OR CHEMICAL IMBALANCES IN THE BRAIN.
- USE OF ALCOHOL OR DRUGS.
- HAVING FEELINGS OF LONELINESS OR ISOLATION.



### HEALTHY WAYS TO COPE WITH STRESS

- TAKE BREAKS FROM SOCIAL MEDIA. IT'S GOOD TO BE INFORMED, BUT CONSTANT INFORMATION ABOUT NEGATIVE EVENTS CAN BE UPSETTING.
- TAKE CARE OF YOUR BODY; EAT HEALTHY, GET ENOUGH SLEEP, AND EXERCISE REGULARLY
- LIMIT ALCOHOL INTAKE
- AVOID USING ILLEGAL DRUGS OR MISUSING PRESCRIPTION DRUGS
- AVOID SMOKING AND VAPING
- REGULARLY VISIT HEALTH APPOINTMENTS
- MAKE TIME TO UNWIND.
  - TAKE DEEP BREATHS, STRETCH, OR MEDITATE.
- CONNECT WITH OTHERS

## **PARKS AND RECREATION**

<p><b><u>Lawrence Township Recreation Department</u></b>  <b>(609) 844-7065</b>          provides recreational programs that enrich the quality of life for Lawrence residents by promoting an active lifestyle and encouraging social interaction. The Lawrence Township Recreation Department offers a year-round selection of athletics, camps, special events, and instructional programs for the residents of Lawrence Township.</p>	<p><b><u>Friends of the Lawrence Greenway</u></b>          The Friends of the Lawrence Greenway is a non-profit organization that advocates a walkable and bikeable community in Lawrence Township (Mercer County), New Jersey.   <a href="mailto:info@lawrencegreenway.org">info@lawrencegreenway.org</a></p>
<p><b><u>Trails, Open Space and Stewardship Committee of Lawrence Township</u></b>          evaluate community open space assets and requirements and advise Township Council and other boards regarding acquisition and development of open space.           If you are interested in applying for a position on this or any board/committee, please complete this <a href="#">form</a>.</p>	<p><b><u>Lawrence Hopewell Trail</u></b>          The LHT's 22-plus mile trail winding through Hopewell and Lawrence Townships offers safe access to various sections of the towns for kids, families, bicyclists, joggers, hikers and commuters. This family-oriented trail belongs to all of us and is designed to promote recreation, healthier lifestyles, better mobility and commuting, and a cleaner environment.   <a href="mailto:info@lhtrail.org">info@lhtrail.org</a></p>
<p><b><u>The New Jersey Trails Association</u></b>          provides the information you need to find trails in your region and is headed by D&amp;R Greenway Land Trust with input from other land trusts and local open space groups.           (609) 924-4646  <a href="mailto:info@drgreenway.org">info@drgreenway.org</a></p>	<p><b><u>Shade Tree Advisory Committee</u></b>          advise The Planning &amp; Zoning Boards on applications for site plans and subdivisions regarding standards, types, and planting specifications for shade trees. The committee meets the 4th Monday of most months at 7:00pm in the Municipal Building.   <a href="https://www.lawrencetwp.com/shade-tree-advisory-committee">https://www.lawrencetwp.com/shade-tree-advisory-committee</a></p>

# Parks in Lawrence

**9-11 Memorial**  
160 Pilla Avenue, Lawrence

**Battleground Park**  
11 Shelmet Lane, Lawrence

**Central Park**  
100 Dave Nevius Way

**Charles Gilpin Park**  
Johnson Trolley Line S

**Colonial Lake Park**  
100 Bridge Drive

**Drexel Woods**  
505 Drexel Avenue

**Eastern Park**  
45 Hopatcong Drive

**Eldridge Park**  
20 Tulane Avenue

**Five Mile Run Park**  
68 Stonicker Drive

**Glenn Avenue Park**  
230 Glenn Avenue

**Hamnett Park**  
1600 Ohio Avenue

**Helen Avenue Park**  
100 Helen Ave.

**Johnson Trolley Line**  
285 Johnson Avenue

**Lawrence Veterans Park**  
100 Oaklyn Terrace

**Loveless Nature Preserve**  
316 Eggert Crossing Road

**Murray Park**  
2181 Princeton Pike

**Shabakunk Park**  
132 Graf Avenue

**Slackwood Park**  
2040 Princeton Pike

**Stonicker Park**  
68 Stonicker Drive

**Tamanis Park**  
1000 Lake Drive

**Texas Avenue Park**  
99 Texas Avenue

**Tiffany Woods**  
100 Tudor Lane

**Turtleback Park**  
11 Balsam Drive

**Village Park**  
100 Maidenhead Lane

**For more information visit:**

<https://www.lawrencetwp.com/departments/recreation>



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## **SENIOR HOUSING**

<a href="#"><b><u>Brookshire Senior Apartments</u></b></a> 100 Forest Ridge Drive Lawrence, NJ 08648 (609) 882-3530	<a href="#"><b><u>Carriage Park Apartments</u></b></a> 2000 Colts Circle Lawrence, NJ 08648 (732) 710-1336
<a href="#"><b><u>Carriage Park Condos</u></b></a> 1000 Colts Circle Lawrence, NJ 08648 (732) 985-8500	<a href="#"><b><u>Gatherings at Lawrenceville</u></b></a> 1001 Princess Road Lawrence, NJ 08648 (609) 786-1100
<a href="#"><b><u>Heritage Village at Lawrence</u></b></a> 1970 Brunswick Avenue Lawrence, NJ 08648 (609) 393-6500	<a href="#"><b><u>Lawrence Plaza Apartments</u></b></a> 2350 Princeton Pike Lawrence, NJ 08648 (609) 883-5407
<a href="#"><b><u>Lawrenceville Point</u></b></a> 207 Point Court Lawrence, NJ 08648 (609) 883-5407	<a href="#"><b><u>Old Bailey Court Condos</u></b></a> 117 Slack Avenue Lawrence, NJ 08648 (609) 240-4928
<a href="#"><b><u>Project Freedom</u></b></a> 1 Freedom Boulevard Lawrence, NJ 08648 (609) 278-0075 ext. 2113 (609) 278-0075 ext. 2110	<a href="#"><b><u>Traditions at Federal Point</u></b></a> Federal Point Boulevard & Traditions Way Lawrence, NJ 08648 (732) 390-1100
<a href="#"><b><u>Ventana at Lawrenceville</u></b></a> Schindler Court Lawrence, NJ 08648 (609) 902-2470	<a href="#"><b><u>Yorkshire Village Senior Apartment</u></b></a> 100 Cole Lane Lawrence, NJ 08648 (732) 750-1111

# TAKE ACTION TO PREVENT FALLS WITH BETTER HEARING



**Public Health**  
Prevent. Promote. Protect.

Lawrence Township Health Department

Falls are NOT a natural part of aging. Even if you're healthy or have talked with your healthcare provider, it's important to check your risk. There are many steps you can take to prevent a fall.

**TALK OPENLY WITH YOUR  
LOVED ONE AND THEIR  
HEALTHCARE PROVIDER ABOUT  
FALL RISKS AND PREVENTION.**



**BEING ABLE TO SEE AND  
WALK COMFORTABLY  
CAN PREVENT FALLS.**



**ACTIVITIES THAT IMPROVE  
BALANCE AND STRENGTHEN  
LEGS CAN PREVENT FALLS.**



**MOST FALLS  
HAPPEN AT HOME.**

Individuals that wore hearing aids compared to those that didn't reported fewer falls. - Laura Campos, an audiologist and researcher at UHealth.

**HOWEVER MANY OLDER ADULTS ARE AFRAID THAT HEARING AIDS ARE A MARK  
OF OLD AGE OR THAT ADJUSTING TO SOUND AMPLIFICATION IS UNBEARABLE!**

**STUDIES SHOW CONSISTENTLY USING A HEARING AID IS ASSOCIATED WITH  
LOWER FALL PREVALENCE AND RISK IN OLDER ADULTS WITH HEARING LOSS.**



**Humans have the ability to echolocate! This means sometimes we can  
identify little gaps between objects placed within a distance from  
ourselves. Hearing if a car is near or far can make a huge difference for  
an older and at risk adult crossing a street!**



**Older adults that experience hearing loss end up working harder to  
understand conversation.**  
**"That uses a lot more resources," and can be taxing, Campos explains.**  
**As a result, she says people are left with "less cognitive resources," to  
navigate their surroundings. So, perhaps they don't notice a step or a fall  
hazard until it's too late.**

SOURCE: <https://www.npr.org/transcripts/1212051086>  
<https://www.cdc.gov/falls/index.html>



# WELCOME TO NEW JERSEY

*Information for Newcomers*

**Scan the QR code below for a copy of the Welcome Booklet which includes information about resources and services including legal assistance, food & health care supports, and more.**



**The welcome booklet is available in English and Spanish.**



State of New Jersey  
Phil Murphy, Governor  
Sheila Oliver, Lt. Governor



Department of Human Services  
Sarah Adelman, Commissioner





The Office of New Americans (ONA) in the Department of Human Services supports new Americans through outreach and education, and works on priorities to build trust, improve access to social services, and legal services for vulnerable immigrants. The ONA also serves as the lead agency in the state for refugee resettlement and supports. The ONA also serves as a resource for other state agencies to amplify education and outreach on state initiatives and programs to ensure they reach all new American communities in our state.

## PROGRAMS

### Free Legal Services

#### New Jersey's Detention and Deportation Defense Initiative (DDDI)

The Office of New Americans in partnership with community-based legal services providers including Legal Services of New Jersey, American Friends Service Committee, Rutgers Law School, and Seton Hall Law School provides free and expert legal counsel and representation to individuals with low-incomes who are at risk and vulnerable to deportations or are facing deportation/removal proceedings in New Jersey and do not have access to legal counsel.

##### American Friends Service Committee

- Call to request a telephonic consult: **973-643-1924**
- Residents of Monmouth and Ocean Counties: **732-902-0460**
- Detention-related calls: **973-474-9861**

##### Legal Services of New Jersey

- **1-732-572-9100 ext. 8782** (statewide, non-detained immigration matters)
- **1-888-894-0612** (for detained individuals or other detention-related calls)
- Online intake portal: [lsnjlawhotline.org](http://lsnjlawhotline.org)

#### Legal Representation for Children and Youth Program

The Office of New Americans in partnership with Kids in Need of Defense (KIND) provides free legal counsel and social services coordination to migrant children and youth arriving to New Jersey as unaccompanied minors seeking refuge.

- Free legal counsel, immigration legal assistance, and social services coordination for migrant children, youth, and unaccompanied minors under age 21 arriving to New Jersey.
- Call **201-305-9217** or email [uacscreening@njcic.org](mailto:uacscreening@njcic.org) for an eligibility assessment

### Refugee Resettlement Program

The New Jersey Department of Human Services, Office of New Americans (NJDHS-ONA) oversees and administers New Jersey's Refugee Resettlement Program (RPP) in partnership with the International Rescue Committee's New Jersey's Office of Refugees (IRC-NJOR). Refugees, asylees, and other eligible groups receive services and supports through this program including cash/rental assistance, case-management, healthcare and employment supports. These supports are provided to ensure the successful resettlement of our new neighbors.

##### International Rescue Committee (IRC) in Elizabeth

[www.rescue.org/Elizabeth](http://www.rescue.org/Elizabeth)  
[newjersey@rescue.org](mailto:newjersey@rescue.org)  
(908) 351-0938

##### Church World Service (CWS) in Jersey City

[www.cwsjerseycity.org](http://www.cwsjerseycity.org)  
[CWSJerseyCity@cwsglobal.org](mailto:CWSJerseyCity@cwsglobal.org)  
(201) 659-0467

##### Interfaith Rise

[www.interfaithrise.org](http://www.interfaithrise.org)  
[info@interfaithrise.org](mailto:info@interfaithrise.org)  
(732) 249-7349



State of New Jersey  
Phil Murphy, Governor  
Sheila Oliver, Lt. Governor



Department of Human Services  
Sarah Adelman, Commissioner



## **SOCIAL SUPPORT SERVICES**

<p><b><u>Arm in Arm</u></b>  3 locations:  <b>48 Hudson St, Trenton, NJ 08609</b>  <b>61 Nassau St, Princeton, NJ 08542</b>  <b>Mobile Pantry: First Presbyterian Church on 120 East State Street</b>  <a href="https://arminarm.org/">https://arminarm.org/</a>  <b>609-396-9355</b> or <a href="mailto:info@arminarm.org">info@arminarm.org</a>  Arm in Arm supports low-income Mercer County Residents by providing food assistance, housing, job support, financial management for Social Security beneficiaries.</p>	<p><b><u>United Way of Mercer County</u></b>  <b>3150 Brunswick Pike, Suite 230</b>  <b>Lawrenceville, NJ 08648-2420</b>  <b>Main: 609-896-1912</b>  <b>Benefit Enrollers: 609-637-4917</b>  <a href="https://www.uwgmc.org/covidresources">https://www.uwgmc.org/covidresources</a>  Free federal benefit screening (SNAP, WIC, rent &amp; utilities assistance and health insurance), free tax preparation and access to community resources. Services are free of charge and are available in English/Spanish.</p>
<p><b><u>Homefront</u></b>  <b>1880 Princeton Ave</b>  <b>Lawrenceville, NJ 08648</b>  <a href="https://www.homefrontnj.org/">https://www.homefrontnj.org/</a>  <b>609-989-9417</b> or <a href="mailto:homefront@homefrontnj.org">homefront@homefrontnj.org</a>  Homefront services are available to Mercer County residents who may need assistance with housing, emergency services, food, resource connection and other programs to help families and children live healthier happy lives.</p>	<p><b><u>Mercer County Hispanic Association - MECHA</u></b>  <b>231 Bakers Basin Rd, Unit 5</b>  <b>Lawrence Township, New Jersey 08648</b>  <b>609-578-4246</b> or <a href="https://njmecha.org/">https://njmecha.org/</a>  Mission of MECHA is to provide and/or facilitate access to social services and advocate on behalf of the Latino members of the community. MECHA serves people in need from all of Mercer County communities working to provide them with the skills and services necessary to promote self-sufficiency.</p>
<p><b><u>Family Success Centers (NJDCF)</u></b>  <b>Mercer County locations:</b>  <b>Trenton, NJ 08611</b>  <b>609-393-2980</b>  <b>609-695-6274</b>  Family Success Centers are “one-stop” shops that provide wrap-around resources and supports for families before they find themselves in crisis. There is no cost to access services provided by Family Success Centers.   <a href="https://chsofnj.org/services/maternal-child-health-family-success-centers/heritage-north-family-success-center/">https://chsofnj.org/services/maternal-child-health-family-success-centers/heritage-north-family-success-center/</a></p>	<p><b><u>Mercer County Board of Social Services</u></b>  <b>(609) 989- 4320</b>  <a href="https://www.mcboss.org/services_offered/social_services">https://www.mcboss.org/services_offered/social_services</a>  Our Social Service staff works with individuals/families who are eligible for WFNJ TANF, WFNJ GA, Supplemental Security Income (SSI) or have a limited income. Emphasis is placed on social rehabilitation, crisis intervention and problem solving.</p>

<p><b><u>NJ Parent Link</u></b>  provides information and resource needs of expectant parents, families with young children (newborns to children entering kindergarten) and professional stakeholders vested in the health &amp; well-being of New Jersey's children &amp; families. Parenting and support resources for families with older children, school aged to young adulthood, are also available.  <a href="https://www.nj.gov/njparentlink/">https://www.nj.gov/njparentlink/</a></p>	<p><b><u>The English School at Lawrence Road Presbyterian Church</u></b>  <b>1039 Lawrence Road</b>  <a href="mailto:theenglishschool@lrpc.com">theenglishschool@lrpc.com</a>  <a href="https://theenglishschoolrpc.com/">https://theenglishschoolrpc.com/</a>  provide members of our community with affordable resources for learning English, while working to create community through social activities and classes. Adult and child English programming along with tutoring and citizen preparation for a nominal fee.</p>
<p><b><u>Central Jersey Legal Services</u></b>    <b>(609) 695-6249</b>  <b>(609) 392-7952</b>  <a href="https://www.lsnj.org/cjls/">https://www.lsnj.org/cjls/</a>    Central Jersey Legal Services is a nonprofit law firm. Offer free legal help in civil (non-criminal) cases for low-income residents of Mercer, Middlesex and Union Counties. If you have a legal problem and cannot afford an attorney, Central Jersey Legal Services is here to help.</p>	<p><b><u>Childrens Home Society</u></b>    <b>(609) 695-6274</b>  <a href="mailto:info@chsofnj.org">info@chsofnj.org</a>    A nonprofit organization that helps at-risk infants, children, youth, and families in New Jersey. Programs include:    <u>Kinship Services</u> helps grandparents and other Kinship providers who have undertaken the responsibility of raising these special children find resources for medical coverage, housing, child care, educational issues, legal issues, financial support, and family support.    <u>Maternal Child Health &amp; Family Success Centers</u> educate and increase awareness about preconception, prenatal, and inter-conception care among women of all ages. Programs have been developed to address critically needed services and cultural sensitivities for Latina and African American women in Mercer and Ocean Counties.    <u>Project Connect (PC)</u> is a SAMSHA-funded program serving Mercer County children and families. PC offers in-office outpatient counseling for children ages 0-12 who have experienced trauma, as well as their families.    <u>CUNA Latino Services</u> provides culturally competent services to Latino parents and their</p>

	<p>children. The program is much more than basic services and includes the development and support of new resources for Latino families in the Trenton area, such as high-quality health services and extensive parenting resources.</p>
<p><b><u><a href="#">Capital Health LIFE, a Program of All-Inclusive Care for the Elderly (PACE)</a></u></b></p> <p>gives seniors the support they need to live in their own homes or with family or loved ones. Participants receive extensive medical and social care based on personalized plans of care. LIFE services are free to seniors who qualify.</p> <p>Fill out the contact email submission form to see if you qualify at:  <a href="https://www.capitalhealth.org/form/contact-us-life">https://www.capitalhealth.org/form/contact-us-life</a></p>	<p><b><u><a href="#">Latin American Legal Defense and Education Fund (LALDEF)</a></u></b></p> <p><b>(609) 688-0881</b></p> <p>Non-profit that promotes the rights of all immigrants (with a focus on the Latin American community in the Mercer County area); facilitates access to health care, education, and legal representation; advocates for the integration of immigrants; and fosters inter-cultural communication to strengthen our communities.</p> <p>To connect please email: <a href="mailto:info@laldef.org">info@laldef.org</a></p>
<p><b><u><a href="#">Catholic Charities</a></u></b></p> <p><b>609-394-3202 or 800-360-7711</b>  <b>Email: <a href="mailto:info@cctrenton.org">info@cctrenton.org</a> (Please add your location in the subject of the email)</b></p> <p>provide addiction, domestic violence, mental health, specialized children's counseling, trauma and abuse recovery, and other treatment services. In addition to providing the highest level of professional treatment and recovery services, vulnerable residents are assisted with basic needs – food, clothing, immigration services, temporary housing – as well as with vocational training and financial literacy to achieve self-sufficiency.</p>	<p><b><u><a href="#">Consumer Protection - New Jersey Division of Consumer Affairs</a></u></b></p> <p><b>(973) 504-6200</b>  <b>Email: <a href="mailto:AskConsumerAffairs@dca.njoag.gov">AskConsumerAffairs@dca.njoag.gov</a></b></p> <p>The New Jersey Division of Consumer Affairs (Division) protects the public from fraud, deceit, and misrepresentation in the sale of goods and services. The Division developed Consumer Briefs to educate consumers about emerging frauds and topics that affect their daily lives.</p>
<p><b><u><a href="#">Center for Family Services</a></u></b></p> <p><b>844-NJPRISM (844-657-7476)</b>  <b>email: <a href="mailto:pride-center@centerffs.org">pride-center@centerffs.org</a></b></p> <p>Kaleidoscope is a community-based LGBTQIA+ program that offers monthly meetings and ongoing virtual platforms in a welcoming atmosphere where teens and young adults like you can find support, guidance, and a sense of community.</p>	<p><b><u><a href="#">The New Jersey Department of Human Services (DHS)</a></u></b></p> <p><b><u><a href="https://nj.gov/humanservices/contact/email/">https://nj.gov/humanservices/contact/email/</a></u></b></p> <p>It serves about 2.1 million New Jerseyans, or about one of every five state residents and one out of every three children. We serve older New Jerseyans, individuals and families with low incomes; people with developmental disabilities, or late-onset</p>

<p>Kaleidoscope provides a safe, supportive environment for LGBTQIA+ and allied teens and young adults to gather, socialize, organize, and help each other.</p>	<p>disabilities; people who are blind, visually impaired, deaf, hard of hearing, or deaf-blind; parents needing child care services, child support and/or healthcare for their children; people who are dealing with addiction and mental health issues; and families facing catastrophic medical expenses for their children. Through our eight divisions, we provide numerous programs and services designed to give eligible individuals and families the help they need for economic and health challenges. They include health insurance through NJ FamilyCare or Medicaid, food assistance through NJ SNAP, independent living supports, personal care services, and much more.</p>
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## **TRANSPORTATION SERVICES**

<p><b><u>Mercer TRADE</u></b> – Transportation Resources to Aid the Disadvantaged and Elderly  <b>609-530-1971, email <a href="mailto:trade@mercercounty.org">trade@mercercounty.org</a></b>  <a href="https://www.mercercounty.org/departments/transportation-and-infrastructure/t-r-a-d-e">https://www.mercercounty.org/departments/transportation-and-infrastructure/t-r-a-d-e</a></p> <p>It is the purpose of TRADE to support eligible County residents who require transportation to maintain their health, improve their financial status, utilize various public and private programs and services (medical, therapeutic, recreational) and access other community resources. TRADE Transportation is accessible to all eligible residents of Mercer County, including older adults (age 60+) and people with disabilities.</p> <p>It is the mission of TRADE to provide a safe, efficient and economical paratransit service to all eligible Mercer County residents by trained staff dedicated to the passengers' special needs.</p>	<p><b><u>Access Link (NJ Transit)</u></b>          Must apply to use this service,          call <b>973-491-4224 option 1 to sign up</b></p> <p>Access Link is a public transportation service established to comply with the paratransit regulations of the ADA. Access Link service is comparable to the NJ TRANSIT local fixed route bus and light rail systems. Access Link is for people with disabilities who are unable to use the local fixed route bus for some or all of their rides.</p>
<p><b><u>Reduced Fare Program</u></b>  <b>NJ TRANSIT</b>  <b>Reduced Fare Program</b>  <b>One Penn Plaza East, 5th Floor</b>  <b>Newark, NJ 07105</b></p> <p>Senior citizens 62 and older and people with disabilities may take advantage of the reduced fare at any time on all trains, buses, and light rail vehicles.</p> <p><a href="https://www.njtransit.com/schedules-and-fares/reduced-fare-program">https://www.njtransit.com/schedules-and-fares/reduced-fare-program</a></p> <p>You may also fill out an application at most local banks, savings and loan associations, or county Offices on Aging. You must present a Social Security Card and proof of age (a birth certificate or a driver's license.) NJ TRANSIT Reduced Fare Card/Reduced Fare ID applications are also available at the NJ TRANSIT Customer Service offices at Newark Penn Station, New York Penn Station, Hoboken Terminal, and the Port Authority Bus Terminal.</p>	<p><b><u>RideProvide</u></b>  <b>609-452-5144</b>  <a href="mailto:info@rideprovide.org">info@rideprovide.org</a>  <a href="https://rideprovide.org/">https://rideprovide.org/</a></p> <p>Services available to seniors and visually impaired adults. Door to door transportation is provided for any trip purpose in a private automobile. Free trips are provided to and from Penn Medicine Princeton Health facilities, RWJ Hamilton Hospital, and other select RWJ facilities.</p>

<p>Or, you may obtain the application by writing or <a href="#">calling</a> the NJ TRANSIT Reduced Fare Office.</p>	
<p><b><a href="#">Medicaid HMO enrollees</a></b>  <b>1-866-527-9933</b> can have free, non-emergency medical transportation from Motivcare, formerly known as Logisticare. Drivers pick members up at their homes, take them to their appointments and bring them home in a timely manner.</p>	<p><b><a href="#">Ryde4Life</a></b>  Call <b>201-939-4242 Ext. 4</b> and speak to an EZ Ride Operator to request a ride. Rides are provided in real time with no advance reservations. Email <a href="mailto:Ryde4Life@ezride.org">Ryde4Life@ezride.org</a> for more information.  <a href="https://ezride.org/transportation/senior-transportation/">https://ezride.org/transportation/senior-transportation/</a></p>
<p><b><a href="#">Go Go Grandparent</a></b>  Register for free at <a href="http://gogograndparent.com">gogograndparent.com</a> or call <b>1-855-464-6872</b> and <b>press 2</b>. Email the organization at <a href="mailto:support@gogograndparent.com">support@gogograndparent.com</a>  <a href="https://gogograndparent.com/">https://gogograndparent.com/</a>  provides transportation, groceries, home services &amp; more for older adults.</p>	<p><b><a href="#">Greater Mercer Transportation Management Association (GMTMA)</a></b>  <b>Mercer and Ocean County</b>  <b>(609) 452-1491</b>  <a href="https://gmtma.org/">https://gmtma.org/</a>  promoting and providing transportation choices that are designed to reduce congestion, improve mobility, increase safety and further sustainability in</p>

# EMERGENCY ANIMAL HOSPITALS

## BluePearl Specialty and Emergency Pet Hospital - Langhorne (CARES):

(215) 750-2774

2010 Cabot Blvd. West Suite D  
Langhorne, PA 19047



## BluePearl Specialty and Emergency Pet Hospital - Levittown (VSEC):

(215) 750-7884

301 Veteran Hwy  
Levittown, PA 19056



## NorthStar Vets in NJ (24 HOURS):

(609) 259-8300

315 Robbinsville-Allentown Rd  
Robbinsville, NJ 08691



## Mount Laurel Animal Hospital:

(856) 234-7626

220 Mt Laurel Rd  
Mt Laurel, NJ 08054



## Red Bank Veterinary Hospital (24 HOURS):

(856) 429-4394

2051 Briggs Rd  
Mt Laurel, NJ 08054



**Public Health**  
Prevent. Promote. Protect.  
Lawrence Township Health Department



## MISCELLANEOUS

<p><b><u>NJ211</u></b>  <b>Dial 211 or text your zip code to 898-211</b>  <a href="https://www.nj211.org/">https://www.nj211.org/</a></p> <p>NJ 211 helps people find solutions to personal needs by informing them of resources in their community. Every day we connect people to day care facilities, shelters, affordable housing units, social services, employment training programs, senior services, medical insurance, and more.</p>	<p><b><u>Mercer Resource Net</u></b>  <a href="http://www.mercerresourcenet.org/about/about-us/">http://www.mercerresourcenet.org/about/about-us/</a>  <b>call: 609-584-0888</b></p> <p>Mercer ResourceNet provides a wide range of information about support, resources, and services for children and families in Mercer County, NJ</p>
<p><b><u>Lifeline</u></b>  Lifeline Customer Support Team at (800) 417-3849.  <a href="#">Lifeline Application - English</a>  <a href="#">Lifeline Application - Spanish</a>  a government assistance program that can provide a discount on your monthly phone bill if you qualify. Save \$9.25/month off of monthly access.</p>	<p><b><u>NJ Register Ready</u></b>  allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.</p> <p><a href="https://www13.state.nj.us/SpecialNeeds/Signin?ReturnUrl=%2fSpecialNeeds%2f">https://www13.state.nj.us/SpecialNeeds/Signin?ReturnUrl=%2fSpecialNeeds%2f</a></p>
<p><b><u>Nixle</u></b>  Subscribe to the NJ State Police on Nixle Connect. New Jersey residents can register to receive messages by sending a text message with their zip code to <b>888777</b> (data rates may apply depending on your plan). Online registration is also available at <a href="http://www.nixle.com">www.nixle.com</a></p>	<p><b><u>NARCAN Kit Distribution</u></b>  <b>2751 Brunswick Pike, Lawrenceville NJ</b>  <b>(609) 883-8291</b>  Mercer County Library System is participating in New Jersey's Naloxone Distribution Program – designed to ensure communities across Mercer County impacted by the opioid epidemic have low-barrier access to Naloxone (Narcan).  Each of the nine MCLS branches has kits available for distribution. No prescription is needed to access Narcan from the MCLS branches. A kit includes a supply of Naloxone with instructions, as well as educational information and resources.</p>
<p><b><u>Project Medicine Drop Box</u></b>  <b>Lawrence Twp. Police Department</b>  <b>2211 Lawrenceville Road, Lawrenceville NJ</b>  <b>(609) 896- 0225</b>  secured drop boxes in the headquarters of local police departments. Consumers from anywhere in</p>	<p><b><u>Better Business Bureau</u></b>  <b>(609) 588-0808</b>  The BBB helps people find businesses they can trust.</p>

<p>New Jersey can visit the boxes seven days a week, to drop off unneeded and expired medications - and keep them away from those at risk of abusing them.</p> <p>The drop boxes accept solid pharmaceuticals such as pills, capsules, patches, inhalers, and pet medications. They cannot accept syringes or liquids.</p>	
<p><a href="#"><u>Road Scholar</u></a></p> <p><b>800-454-5768</b> <b>contact@roadscholar.org</b></p> <p>Road Scholar is not a traditional travel company. We're a not-for-profit organization – and we have been ever since our founding in 1975. That not-for-profit status means we can put learning first in our decision-making. It allows us to keep costs low and to offer valuable programs that aren't driven by revenue. It makes it possible to provide scholarships that help offset costs so that financial constraints don't pose a barrier to participation. And it means we can dedicate resources to the research and advancement of lifelong learning.</p>	<p><a href="#"><u>New Jersey Long-Term Care Ombudsman</u></a></p> <p><b>1-877-582-6995</b> <a href="mailto:ombudsman@ltco.nj.gov"><u>ombudsman@ltco.nj.gov</u></a></p> <p>The New Jersey Office of the Long-Term Care Ombudsman (NJLTCO) is part of a national resident-focused, person-centered advocacy program. NJLTCO is an independent advocate for individuals receiving long-term care. Representatives of the Office work with individual residents to help them address challenges they face; in addition, NJLTCO seeks opportunities to bring about change on local, state, and federal levels by advocating for policy and legislative initiatives and participating in activities that support the Office's core mission to advance the rights, the dignity and the self-determination of individuals living in long-term care.</p>
<p><a href="#"><u>New Jersey State Legislature</u></a></p> <p><b>800-792-8630</b> <b>leginfo@njleg.org</b></p> <p>Legislators value the opinions and suggestions of their constituents. In addition, through their professionally staffed district offices, legislators are prepared to respond to requests for information about legislative matters or for assistance in dealing with State agencies.</p>	<p><a href="#"><u>The New Jersey State Library Talking Book and Braille Center (TBBC)</u></a></p> <p><b>800-792-8322</b></p> <p>Founded in 1967, TBBC is a library that provides no-cost, home-delivered services, on behalf of the National Library Service for the Blind and Print Disabled to children, teens and adults in New Jersey who have difficulty reading standard print or trouble holding a book.</p>

**Social Security Administration**

**1-800-772-1213**

Administer benefits like Retirement, Disability, Survivor, and Family. Also manage Supplemental Security Income (SSI), enroll people in Medicare, and issue Social Security numbers and cards.

**The Disability Information and Access Line (DIAL)**

**1-888-677-1199**

**For Deaf and hard-of-hearing callers who use American Sign Language, can connect directly to an agent using ASL Now.**

The Disability Information and Access Line (DIAL) helps people with disabilities get connected to information about local community resources that support independent living.



**LITERACY**  
NEW JERSEY  
Mercer County Programs

## **Free English (ESL) Classes at Lawrence Library**

**2751 Brunswick Pike, Lawrence Township, NJ 08648**

**Morning, Afternoon & Evening  
Classes Available**

**To Enroll Contact:**

**Text: 848-379-5079**

**Phone: 609-587-6027**

**Email: [mercerc@literacynj.org](mailto:mercerc@literacynj.org)**



**LITERACY**  
NEW JERSEY  
Mercer County Programs

# **Clases gratuitas de inglés (ESL)**

**en**

## **Lawrence Library**

**2751 Brunswick Pike, Lawrence Township, NJ 08648**

**Mañana, Tarde y Noche  
Clases disponibles**

**Contacto:**

**Texto: 848-379-5079**

**Teléfono: 609-587-6027**

**Email: [mercerc@literacynj.org](mailto:mercerc@literacynj.org)**

# Welcome to...



## Mercer County Veteran Services

### Who are we?

Mercer County Veteran Services is made up of experienced professionals dedicated to serving the Veterans and their family members in our community. Since coming to the Division of Veteran Services in early 2019, Chief Medina Wilson, US Army Veteran along with her staff, Veteran Service Officers, Tamara Corrales, US Navy Veteran and Martha Nyako, US Airforce Veteran, have worked to assist veterans with VA claims, survival benefit's & burial assistance while also providing connections to local services and organizations. In the last years, the team has successfully reached out to previously underserved subsets of the Veteran population and intend to continue the good work going forward. Our Intake Specialist Richard Hadley, US Navy Veteran, and Secretary Erika Kaufman, bring years of experience working with the public and further eases the process of Veterans seeking information and assistance.

### What does our office do?

Our Veteran Service Officers (VSO) and staff members act as liaisons for Veterans to work with the VA and other agencies. They assist with disability, compensation, burial benefits, and various other types of claims. It's important that the Veterans of our community are properly assisted and guided throughout their claim process.

### How to set up an appointment?

Our office is open to clients with appointments Monday-Friday from 10am-3:30pm. We are currently seeing clients on an appointment-only basis. However, we are more than happy to help those who walk-in, Monday-Thursday 10am-3:30pm. Call our office at (609) 989-6120 to get assistance setting up an appointment with one of our incredibly knowledgeable staff members. If you need to fax over any pertinent information, the fax number is (609) 393-2143.



*Order of Appearance Erika, Tamara, Richard, Medina, and Martha*

### Mercer County Veteran Services:

Medina Wilson, Chief

Tamara Corrales and Martha Nyako, Veteran Service Officers

Richard Hadley, Intake Specialist, Erika Kaufman, Secretary

# Lead is a naturally occurring metal that can cause negative health effects.



Public Health

Lawrence Township Health Department

Some ways children, adults and pets are exposed to lead is by eating lead paint chips, by breathing in dust from lead paint or by ingesting contaminated food or water.

Children younger than 6 years are more likely to be exposed to lead dust due to their hand to mouth behavior and are more susceptible to life-long injury since their brain and bodies are still developing.

## SOURCES OF LEAD EXPOSURE CAN INCLUDE THE FOLLOWING:

- Chipping or peeling paint in homes or buildings built before 1978
- Soil near airports, highways, or factories
- Water from lead pipes
- Some imported toys and jewelry
- Certain jobs and hobbies

## LEAD EXPOSURE CAN CAUSE LIFELONG HEALTH PROBLEMS.

Lead exposure harms several body systems including the brain, nervous, and reproductive systems and results in:

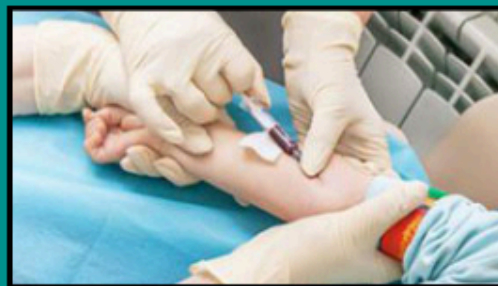
- Developmental and growth delays
- Hearing and speech problems
- Difficulty learning and paying attention
- Serious illness and death

## **CDC RECOMMENDS TESTING BLOOD FOR LEAD EXPOSURE. TWO TYPES OF BLOOD COLLECTION TESTS MAY BE USED:**



### CAPILLARY SAMPLE:

A finger-prick or heel-prick is used to take a small amount of blood to test for lead.



### VENOUS SAMPLE:

A small blood sample is drawn from a vein to test for lead.

**WHEN IT COMES TO LEAD AND YOUR CHILD, DO WHAT IS BEST AND GET THE TEST!**



Residents are permitted (3) bulky items for collection on the last Friday of each month. More details can be found here: <https://bit.ly/47MTrXx>

Lawrence Township Department of Public Works responsibilities include maintaining municipal roadways and drainage systems, the issuance of road opening permits, snow removal, garbage collection, brush and yard waste collection, maintaining the township's recreational facilities and the care of the municipal buildings.

# HOARDING

## Hoarding Myths & Truths

Myth: Hoarded homes are filthy and the people who live in them are dirty.

Truth: The term hoarding refers to the volume of clutter or quantity of objects in a given space. It does not refer to cleanliness. Instead, the term squalor describes filth or the ruin of a space due to neglect. It is possible, and in fact quite common, to have an environment that is filled with clutter but is relatively clean.

Myth: People who hoard are lazy and choose to live the way they do.

Truth: Hoarding disorder is a mental illness recognized by the American Psychiatric Association. People who hoard express shame, sadness, guilt, remorse, and embarrassment at how their illness negatively impacts their lives and those they love.

Prepared by C. Bratiotis and authors of Beyond the Sensationalism: Professional Responses to Hoarding Disorder in the Omaha Community, University of Nebraska at Omaha, Grace Abbott School of Social Work, 2014.

## LOCAL RESOURCES

- **Mastertech Environmental Professional Hoarding Cleanup Services**
  - (609) 948-8844
- **Bio-One of Trenton**
  - (856) 994-2735
- **Affordable Remediation & Emergency Services**
  - (732) 217-768
- **Hoarders-Clutterers Express**
  - (888) 792-2362
- **Bio Helpers Compassionate Cleaning**
  - (609) 920-5070
- **Jiffy Junk**
  - (844) 543-3966
- **Clutters Anonymous**
  - (866) 402-6685

*January 2024*



## How can residents help during snow removal?

If possible during snow emergencies, please do not park your vehicle in the street. Snow removal operations are more effective when the street is clear of vehicles and other obstructions. Some streets are posted for “no parking when snow covered.” Please obey the signs. Violations of the ordinance can result in a summons.

After the snow has stopped, property owners or tenants, have 24 hours to remove snow and ice from sidewalks as per Lawrence Township ordinance #378. This includes entrances to crosswalks. In addition, snow or ice from private properties or vehicles shall not be placed into, or upon, any street or sidewalk in the township. Therefore, do not throw snow into the street. This hinders plowing operations, and impedes the safe passage of traffic.

**For more information, residents can contact the Public Works Department at (609) 587-1894**

*January 2024*